SANDOW'S MAGAZINE

OF PHYSICAL CULTURE.

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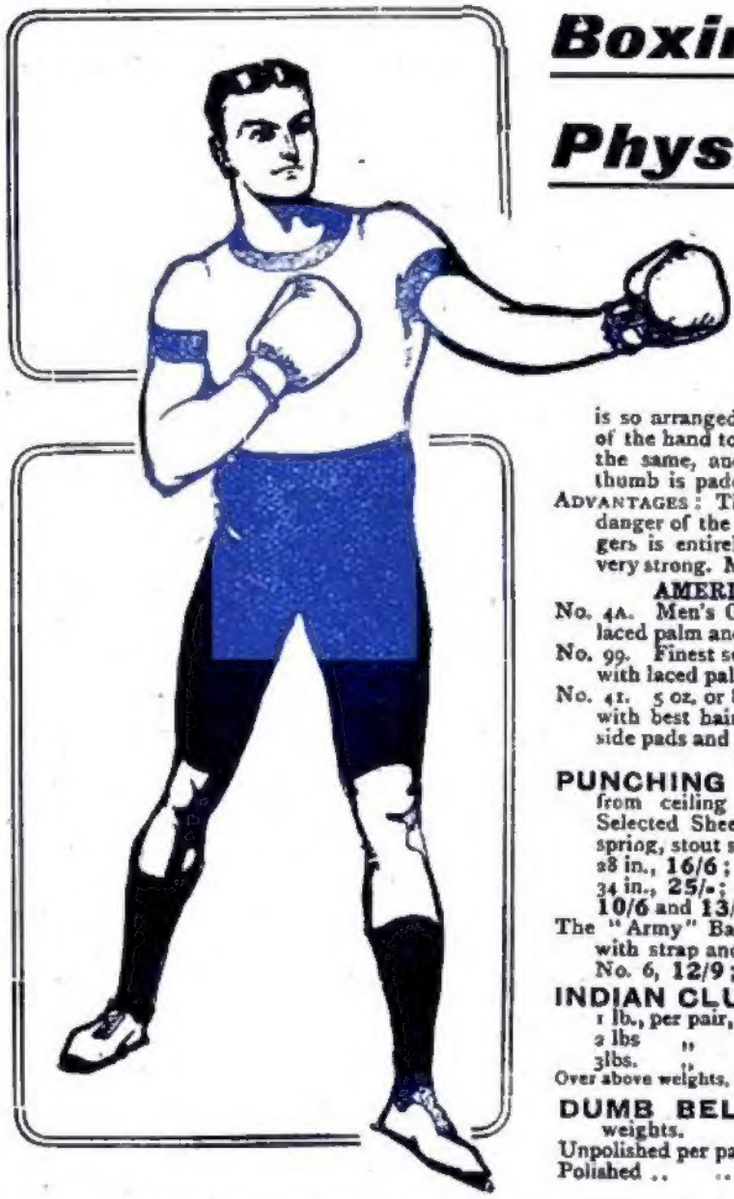

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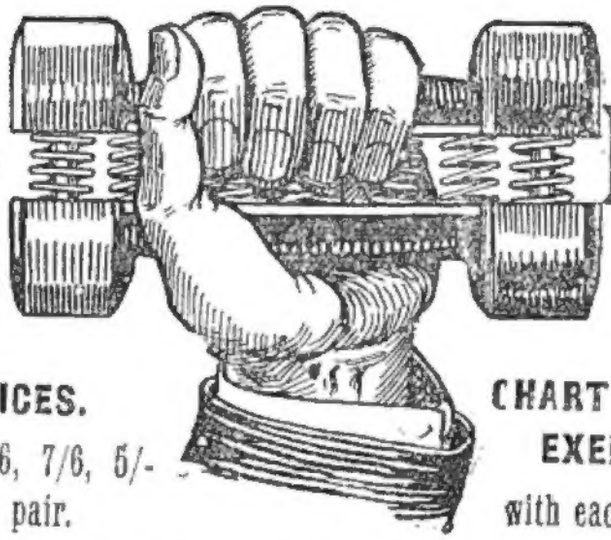

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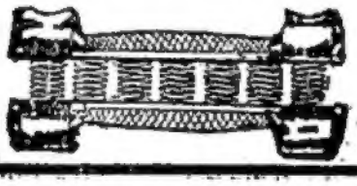

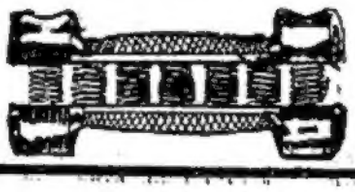

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(Est. 1898.) VOL. XVII. No. 17. OCTOBER 25, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

EDITOR: EUGEN SANDOW.

Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTICE TO CONTRIBUTORS.—The Editor will at all times be glad to consider Articles, Stories, and Sketches, but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I HAVE received the following letter query:—

"Penarth, near Cardiff.

"DEAR SIR,—I shall be obliged by your "advice on the following: Do you advise "the wearing of a belt for ordinary use in "preference to braces? A doctor in this "town stated that braces impede the "expansion of the chest, and also that they "tend to keep the shoulder (trapezius) "muscles down, which should "have free display. On the other "hand, a belt would seem to com-"press the muscles of the stomach. "If you do not advise the wearing. "of a belt could you recommend "a good substitute?

"Yours faithfully,
"W. H. T."

THIS is an interesting question, and as it may be one in regard to which I imagine more than one of my readers has exercised his mind at some time or other, I will deal with it in these Notes.

LOOKING at the subject generally, I am not surprised that both braces and belt should have been condemned by my medical friend. Unfortunately we live under conditions which require us to wear one or the other. This reduces the question for most of us to a choice of the lesser of the two evils.

HERE circumstances must help us to frame our choice. For instance, for a city or town worker, with whom a nice adjustment of trouser length is desirable, if not absolutely necessary—well, braces are undoubtedly the only choice. On the other hand, a worker with whom freedom of movement of the upper body is desirable, then the belt is the best.

WE *must* go to our more formal employments and functions clad more or less in keeping with sartorial requirements. We *can* carry out our less formal activities with greater freedom of habit. Thus my

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patients and pupils are advised to wear the belt during their exercises and physical recreations, from which it may be gathered that I favour the belt as the least harmful, generally speaking.

THE exceptions to this rule are furnished in the cases of those who are obese, or who are especially weak around the waist line.

BRACES, however, as also belts, should always be elastic, as this kind permits of more or less muscular expansion and contraction.

I HAVE left our consideration of the muscles to the last, though they are the most important factor for us to consider. Briefly, it matters little which we wear belts or braces, if our natural belts and braces—the muscles—are strong and healthy. The man with weak back and shoulder muscles is the man whose spine must curve or give way, whose shoulders must curl forward and downward, simply because his bony framework lacks the necessary muscular belts and braces to maintain its proper pose and power.

THUS, W. H. T., you will see we do not need to worry much about our clothes supports if only we make sure that our body and brain supports are strong and healthy.

"BRAIN supports," you may say. Yes, brain supports! The very life and health of your brain depends upon its muscular and bony supports. A twisted spine too often means that the brain so improperly supported is proportionately weakened in power. The spinal column is part of your brain. The brain is its headpiece, its coping stone. A healthy spine means that its headpiece is enabled to do its highest standard work unhandicapped. Its cushioned joints insulate the main nerves of life from jolts and jars, and from pinchings and pressure.

THE naturally well braced man's main column being straight and strong, his chest and shoulders are the more likely to be supported. The chest expansion is easy and the shoulder muscles, too, are strong enough to make light work of their comparatively slight impediment of braces. Similarly the waist and stomach muscles can easily be made strong enough to do their work properly in spite of the compression of a belt "worn easy."

THE danger hinted at by the Cardiff doctor is more real in the case of weakly juveniles and young men. But I think I have pointed out the way of escape from the braces and belts that bind only where the wearer is weaker than he ought to be.

PATTI'S HEALTH SECRET.

MADAME PATTI, whose approaching retirement is announced, has astonished the world almost as much by her wonderful vitality as by her vocal powers. "I will be young as long as I live," she is said to have declared as a child, and she has fulfilled the promise. Perhaps it is because of her unconquerable optimism. "If there is the tiniest speck of blue in the sky," she says, "and there nearly always is, I look for it, and that makes the whole heaven blue for me." Moreover, she knows the virtues of the open air. "I spend three hours daily in the open air, walking or driving in an open carriage; and I accustom myself to bear the extremes of summer and winter."

CHICHESTER'S NEW CLUB.

A NEW club, to be known as the City Physical Culture and Harriers' Club, has been opened in Chichester, the opening ceremony having been performed by the Rev. J. Henderson, Rector of St. Pancras. Addressing a company of about twenty members, he wished the club every success, and spoke of the need locally for the physical training of young people. He also congratulated the club upon having secured a membership of twenty-six. Subsequently the members joined in a friendly chat as to the future prospects of the club. According to arrangements made, the room will be open every day except Mondays, from 6 to 8 a.m., 12 to 2 p.m., and 7 to 10 p.m., and Monday evenings will be devoted to walks, runs, etc. An instructor from the Barracks will in due course be engaged to give instruction in physical training, boxing, wrestling, ju-jitsu, fencing, etc., on two evenings each week. The subscription to the club has been fixed at 2s., with an entrance fee of 6d., and all young men over fourteen years of age are eligible for membership.

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WINTER CAUTIONS.

How to Guard against Colds.

OFTEN in winter the temperature of rooms is kept up to a point which would be considered uncomfortable in summer. Undoubtedly those who can sleep and live in rooms with little or no artificial heat are the better for it. The necessity for artificial heat is to a certain extent a matter of habit. One who has been accustomed to living without a fire will, by a few days' hovering over a stove or in front of a fireplace, become "cold blooded," so that it becomes a real hardship to do without the artificial heat. It is not our purpose to advocate the discontinuance of fires, but the avoidance of excessive heat. Living-rooms in winter should never be heated higher than 65 degrees. To avoid a higher temperature it will be necessary to have a thermometer (costing, perhaps, a shilling), for if one depends on his judgment, the temperature is more apt to reach 75 or 80 than 65. Over-heated rooms mean weakened skin action, aud increased susceptability to colds.

It is saving money at the expense of health, a very poor exchange. We need as much oxygen in winter as in summer. Tuberculosis is largely a disease of oxygen starvation. The most successful cures are the result of open air treatment. Do not invite the consumption germs by closing your windows.

DRY, HEATED AIR

—a very common thing in our dwellings in winter—is very detrimental to the mucous membrane of the nose. The dry air of summer is bad enough, but cold winter air, which has already been deprived of its moisture, when heated, as it ordinarily is, has its power for abstracting moisture greatly increased. The result is that the nasal passages become dry and crusty. These crusts crack off or are picked off, leaving raw surfaces as an entering place for microbes. Erysipelas and other serious diseases frequently originate in this way. To prevent, do not get the rooms too warm, and keep a vessel of water on the stove or radiator. The water will evaporate and add the necessary moisture to the air.

Where crusts have already formed, the best application that the writer knows of, for home use, is vaseline, which may be taken on the end of the little finger, slightly warmed over the lamp, and applied as thoroughly as possible within the nostril. Where crusts form well back in the nostrils, causing distress and difficult breathing, they are best removed by irrigation. The method which is best suited to individual use, is one requiring no apparatus but a vessel, such as an old cup or a baking powder tin, and no medicine, but a little salt or soda and water is here given. Dissolve, either of salt or of baking soda, or a mixture of both, one-half teaspoonful in a pint of warm water. Drink this; but drink it through the nose instead of the mouth. This may seem impossible at first, but it is easily accomplished, and with less danger of damaging the ears than by the douche. The edge of the vessel should be placed against the angle of the lip and nose, and the vessel gradually tipped until the nostrils are under water. If now the breath is drawn in gently the water will pass into the mouth and can be ejected. In this way a pint or a quart of water can be passed through the nostrils in a short time with no inconvenience, and the feeling of dryness and distress will be replaced by one of comfort. After irrigating the nasal passages it is well to anoint them with vaseline.

CLOTHING FOR COLD WEATHER.

One should not muffle up in cold weather so as to prevent proper removal of the perspiration, and favour the

collection of moisture. This practice, so common, is, like overheated rooms, a fruitful source of colds. The other extreme must also be avoided. One should not attempt, even in this climate, to use the same weight of clothing summer and winter. In the writer's opinion the change is better made by means of overcoat or outer wraps, which can be easily removed, than by change in underwear; for there is such a great difference between the temperature at different parts of the day, both summer and winter, that it is impossible to provide for it properly by undergarments.

THE SORROWS OF A SANDOW GIRL.

[*In the following amusing article which appears in the columns of* IDEAS, *Miss Carrie Moore, one of the "Sandow Girls" appearing in "The Dairymaids" at the Apollo Theatre, explains some drawbacks which a reputation for strength carries in its train, and relates some curious experiences which have befallen her in her career.*—EDITOR].

HAVE you ever realised that, to a very great extent, success or failure in life seems largely to depend on getting a reputation for being able to do something, no matter what it is? Since I have been typifying "the Sandow Girl," this fact has been impressed upon me in quite a wholesale manner, and I am beginning now to realise that having a reputation for being a strong woman is really rather a drawback than otherwise.

Many people, indeed, seem to think that, as a "Sandow Girl," I must necessarily be a sort of walking panacea for almost every imaginable ill, and that, in addition, I must surely be able to tell every lady aspiring to a graceful figure, exactly how she can obtain one. Some of the requests I have recently received from all parts of the country are really quite unique.

AN UNPOLITE APPEAL.

For instance, only the other day a girl wrote me from Wigan, this strange communication: "I hear, madam, that you are Sandow's ideal of what a woman ought to be, from the point of view of physical culture. Would you, therefore, be so kind as to let me know how I can obtain a physique like yours? I am 5 foot 6 inches tall, but am greatly handicapped by a slight stoop, which I cannot cure, try as I will. Unless you let me know by return of post exactly how this can be done, I shall write to the newspapers and expose you as a fraud." Now, while of course I took no notice of this alarming, and somewhat unpolite appeal, yet it is rather upsetting to feel that some misguided people consider one a fraud because one cannot work miracles.

Time was when I used to think that people—Prime ministers, and other "big wigs"—who received deputations behaved rather shabbily towards "the deputators." But recently, that opinion has been considerably modified on account of a certain experience which befel me not long ago.

THE STRONG WOMEN OF HOXTON.

One evening, I was quietly sitting at home, when out of my drawing-room window I saw no fewer than twelve burly East End women, dressed in their "costerest" of coster clothes, approaching my house. In a few minutes my servant announced that "some ladies"—she said she thought they were charladies which is, I suppose, "polite language" for char-women, were waiting to see me in the hall. Wondering whether they were seeking for employment as spring cleaners in the autumn I went out to see them, but no sooner did I approach the group than the spokeswoman of the party, with a voice like a motor horn, shouted, "We want fair play, we do, and in your very 'ouse we declare to your face that we Hoxton women are, every one of us, stronger than you, and we'll soon show you, we will, if you will meet us in a fair strength contest." I hastily explained, of course, that I laid no claim to the possession of excessive muscular development, and that I, therefore, was unable to indulge

in the novel contest they had so thoughtfully arranged. However, it was not until I suggested that a "limb of the law" would explain matters to them more clearly than I could, that the fair Amazons from the East End consented to withdraw. Surely no deputation, even including that of the Suffragettes, half so strange, has ever waited upon a Prime Minister?

I have recently started to keep a record of the strange letters I have received, and perhaps the following communication may interest readers of *Ideas*: "Dear Madam," it runs, "my daughter, who is at present quite a girl —she is only fourteen—has for some months taken the greatest interest in physical culture and physical exercises, with the object of improving her figure, which is, I regret to say, not a particularly good one. She is 5 feet 2 inches tall, and, in spite of using dumbbells for half an hour each morning, she still remains decidedly too plump, while her walk is far from graceful.

A HOPELESS CASE.

"Would you kindly favour me with your advice as to what particular form of exercise she ought to take to make her figure grow to graceful proportions? I consider that the Sandow type of girl is far more beautiful than the much vaunted 'Gibson Girl,' and if my daughter could only improve her figure, my mind would be greatly relieved. In a woman I think a good figure is of far greater importance than a pretty face." Of course, I replied, giving the best advice I could; but how a short, fat dumpy girl can ever hope to become tall and willowy of figure, I really cannot conceive.

Among other qualities which a woman with a reputation for strength is apparently expected to possess is, I gather from some of my correspondents, a love of adventure, for within three weeks I received no fewer than eleven invitations to join big game hunting expeditions. One gentleman, however, went still further, and suggested that "it would be pleasant for all parties concerned, if I consented to join a party of explorers, shortly setting out in search of missing treasure, reported to be buried in a little island off the East Coast of Africa.

DECLINED WITH THANKS.

"As a strong woman," he added, "your health would not be impaired by the climate, though, should you consent, you would be wise, I think, to take with you a medicine chest and a plentiful supply of quinine and antipyrin as an antidote to malarial and black water fevers." A pleasant prospect, doubtless, but at present I am not seriously considering joining any expeditions, searching either for buried treasure, or competing for fever.

And now I think I have explained pretty clearly some of the drawbacks of being considered a strong woman, and if any readers of *Ideas* have aspirations towards this end I hope they will realise some of the surprises in store for them. But let them take warning in time by considering for a moment that many members of the public will expect them to be a walking encyclopædia as to how to obtain health and strength, in addition to being supposed to know a little bit about everything else.

That's what a reputation for strength has done for me.

CARRIE MOORE.

GROW YOUR OWN PHYSIC.

Nature Better than Chemical Laboratories.

CHILDREN are always made to eat stewed rhubarb, because rhubarb is wholesome. But few people have the least idea of the immense value of this plant as a food medicine. In its juice are both oxalic acid (the sour principle of sorrel) and malic acid (the good apple acid). Rhubarb is the finest skin restorer and beautifier in existence. It is a foe to rheumatism, gout and scurvy, and in Eastern countries, where rhubarb is largely used for making sherbert, rheumatism is a comparatively rare disease.

THE INVALUABLE ONION.

Next in point of value among common garden plants is the onion. When the plague raged in England it was noticed that in a London greengrocer's shop, where ropes of onions hung for sale, not one member of the household was seized by the dreadful disease, although in houses on both sides three out of five died. Onions—raw ones are better than cooked—stimulate the liver in an extraordinary fashion. They act also as a strong tonic, increasing the flow of digestive juice. The fine oil which exists in onion juice has an extraordinary penetrative power, and, passing all through the body, cleanses the blood, and is, therefore, a complexion beautifier of the highest order. For the teeth nothing can compare with raw onion. What races have finer teeth than the Spanish and Italian peasants, whose everyday dinner is black bread and onions? As a preventive against catarrh and cold no other vegetable remedy can match the onion. This vegetable is a valuable food, too, for it contains much carbon.

One more point about this extraordinary plant. Being rich in phosphoric acid, it is a splendid nerve tonic, calming irritation and restoring exhausted nerve force. All who suffer from neuralgia should eat onions at least once a day. The odour of onion is the chief—indeed, the only—reason against its popularity. This it owes to the sulphur in the bulb—sulphur which is of course in itself a magnificent blood purifier.

RAW APPLES CURE MANY ILLS.

Celery is good for rheumatic or gouty people, but should not be taken to excess, as there is a possibility of its harmfully affecting the eyesight. There is, however, no such objection to the apple. Raw apples form a small medicine chest in themselves; they are aperient, blood cooling, and yet feeding. All people who suffer from weak kidneys should eat an apple at breakfast every morning.

Red beets are one of the most valuable of vegetable medicines. For anæmic people, especially for young girls who are weak and run down, boiled beet is an invaluable food. A diet of beet will make plump the leanest person. The sugar in them is in a peculiarly digestible form, and as a blood enricher the beet is unexcelled. The carrot has similar virtues to the beet, but, perhaps, is a less pronounced form. This vegetable is also rich in sugar, and is recommended for nervous persons. Peas form another valuable food medicine, being extremely nutritious.

As for the cabbage and all its tribe, these are good as blood purifiers and also anti-scorbutics, but of very slight food value, and to many persons indigestible. The absolute worship of the boiled cabbage in England is a point which invariably puzzles visitors from other countries.

Speaking of anti-scorbutics, perhaps the best in existence is watercress. This plant contains both chloride of potassium and sulphur, and also a proportion of iodine. Being easily digested, fresh watercress is invaluable as a medicine. As much as twenty-five centuries ago the virtues of watercress were fully understood, and in past years, in England, the plant was boiled with Seville oranges, brooklime, and scurvy grass to form the "spring juices," which were always

given to children in the early part of the year.

Potatoes are fattening, but not easily digested by all people. And the same thing may be said of parsnips and artichokes. All three are most valuable foods, but should be eaten in moderation.

TOMATOES PURIFY THE BLOOD.

The tomato has a bad, but, apparently, wholly ill-deserved, reputation. It has been said that it encourages cancer. Yet the raw tomato is extremely purifying to the blood, and one of those vegetables which all women who value their complexion should eat regularly.

There are valuable plants in the hedgerows, as well as in the garden. For liver troubles, a decoction of dandelion root is a homely but valuable remedy, and the mugwort is useful for hysterical disorders. The yarrow, one of the commonest plants all over the kingdom, is a styptic—it will stop bleeding, either internal or external; and the marshmallow is an old remedy for wounds.

Powdered sloe bark was employed in cases of fever before quinine was known in the Western world, while an ointment composed of an infusion of elder flowers and mutton tallow is a very ancient remedy for chaps and rough skin.

YOU'LL HAVE TO AVOID THE SALOON.

You stand on the threshold of youth, boys;
  Your future lies out in the years:
You're learning your parts for life's work, boys,
  You're planning your future careers.
You'll have to fill places of trust, boys;
  Your fathers will pass away soon;
And if you'd be trustworthy men, boys,
  You'll have to avoid the saloon.

If you would be honoured in life, boys,
  If joy and contentment you'd know;
If you would have plenty of cash, boys,
  And bask in prosperity's glow;
If you would enjoy robust health, boys;
  That priceless but much abused boon:
If God's benediction you'd have, boys:
  You'll have to avoid the saloon.

You'll have to avoid the saloon, boys,
  Or sorrow and shame you will share;
And poverty's crust you will eat, boys,
  And poverty's rags you will wear.
Your future will end in disgrace, boys;
  Your life will be cut off at its noon;
And body and soul will be lost, boys,
  Unless you avoid the saloon.

Diseases of the Stomach and How to Treat Them.

THOSE affections which implicate the coats of the stomach are designated as structural. The stomach is liable to become the seat of a gastric ulcer, the symptoms of which are similar to those of acute gastritis. If small, it is of a round or oval form, and liable to eat through the coats of the stomach, when it is known as the perforating ulcer. The pain is of a burning, gnawing character, experienced especially after food has been taken. Vomiting is a common symptom, and the matters emitted are tinged with blood.

CARCINOMA.

Cancer of the stomach does not occur so frequently as gastric ulcer, and may be distinguished from it by a lancinating pain, and tenderness over the epigastrium. Vomiting occurs in both affections, and in the latter stages of cancer, food, blood, and pus are so mingled as to resemble coffee grounds. It can be distinguished from dyspepsia, because in the latter affection there is no vomiting of blood or pus, nor so great emaciation or pallor.

DILATATION.

Dilatation of the stomach may be caused by a closing of the pyloric orifice, on account of the thickening of its walls or the intervention of some foreign substance.

Symptoms.—Vomiting at intervals, when a great amount of imperfectly digested aliment, which emits a putrescent odour, is ejected. The stomach is full and prominent, and pressure upon it causes the liquids to fluctuate and give out a splashing sound. Generally the appetite is not impaired.

SOFTENING.

Softening of the mucous coat of the stomach is a rare affection, and is not attended by inflammation. It may be distinguished from gastritis by the absence of all putrescent odour when vomiting occurs, and by an inability to retain solids upon the stomach. It is very liable to involve other structures of the stomach, and when it affects children, it gives rise to symptoms of cholera

infantum. In older persons, death may occur from starvation, because of the inability to retain solid food upon the stomach.

INDURATION.

The walls of the stomach may thicken and harden in consequence of a morbid deposit of fibroid substance under the mucous tissues. This is the result of chronic inflammation, generally caused by the use of ardent spirits. The use of such beverages incapacitates the stomach for churning the food, and the patient becomes dyspeptic. It rarely occurs in persons under forty years of age, and is an affection difficult to diagnose. The danger depends upon the extent of the disease and the severity of its symptoms. The cause of death in such cases is indigestion and consequent exhaustion.

TREATMENT.

In gastric ulcer, says the *Family Doctor*, regulate the diet and use nutritive food, such as can best be retained by the stomach. Milk and vegetables are adapted to this purpose. A drink of lime-water and milk should be used, and if there be a great thirst, small pieces of ice may be given. Mutton broth is nourishing as well as unirritating, and injections of it sustain the strength. The treatment of cancer is only palliative, and should have reference to the comfort of the patient and the prolongation of life. The hygienic management consists in furnishing a bland, nutritious diet, keeping the skin clean, and using such remedies as relieve pain and gastric irritability. In dilatation of the stomach the treatment consists in regulating the diet and using tonic remedies. In softening of the stomach, the careful adaptation of the food and use of antiseptics is recommended. In induration, the treatment must be palliative; relieve the irritation, abstain from stimulants, and regulate the diet. All the above affections may be benefited by the use of those agents which increase the digestive powers, as pepsin, ptyalin, and those acids found in the gastric juice. These agents are digestive solvents, and prepare food for undergoing vital changes. All the minute symptoms of such diseases should be reported to the physician, that he may be able to furnish appropriate remedies and digestive fluids which will relieve the patient, prolong life, and sometimes cure the disease.

TO AVOID TAKING COLD.

THE best way to overcome chilly sensations of the spine and back on the least change of temperature is to put your back up, so to speak, to contract the muscles of the back. If you are getting chilly about the back of the neck, stiffen the neck and set the muscles to work, and you will soon get over it. If you do not start your muscles going, you will soon find them going of their own accord. You will begin to shiver, an involuntary action of the muscles. If you will set your muscles at work before that shivering comes on you will be able to prevent it. Contract your hands, your legs, the muscles of your back, raise up your chest, stiffen your neck, then turn it vigorously, slowly, from side to side, or bend it backward and forward. This will keep you from taking cold.

SAVED 1000 LIVES.

By assisting in the rescue of the crew of the barquentine "Lanoy," of Dover, which went ashore on the Gunfleet Sands, six miles off Frinton, recently, David Cook, the veteran coxswain of the Frinton Volunteer Lifeboat, has brought his fifty years' record of life-saving to over 1000 lives. Of these, 105 have been saved by him unaided. On one occasion, by swimming, he saved five men at once.

LIVED ON PICKINGS.

CAPTAIN SPENCER, of the Church Army, tells this incident. He asked a convict what he did for a living when he left prison. "Well, in spring I does a bit o' pea-picking, and in summer I does a bit o' fruit-picking, and in the autumn I does a bit o' 'op-picking." "Yes," said the captain "and what do you do in the winter?" "Well, master, I may as well be honest with yer. In the winter I does a bit o' pocket-picking!" Captain Spencer next asked: "And what happens then?" The convict replied: "Why, I comes 'ere and does a bit o' oakum picking!"

LAUGH AND KEEP YOUNG.

WOMEN are not jolly enough, says a philosopher. They make too serious a business of life and laugh at its little humours too seldom. Men can stop in the midst of perplexities, and have a hearty laugh. And it keeps them young. Women cannot, and that is one reason why they fade earlier.

There are other reasons, but we will pass them now. Worry not only wrinkles the face, but it wrinkles and withers the mind. Have a hearty laugh once in a while; it is a good antiseptic, and will purify the mental atmosphere, drive away imaginings, bad tempers, and other ills.

ARTICLETTES.

The Mayor and the Children.

An Example that might well be Copied by other Chiefs of Cities.

Blest the babe.
Nursed in his mother's arms, who sinks to sleep.
Rocked on his mother's breast; who with his soul
Drinks in the feelings of his mother's eye!

WORDSWORTH.

IN this country we are still far behind France, in the efforts made to protect baby life. In the latter country they have not only milk depots (Goultes de lait), and free medical advice (consultant de nourissons), day nurseries and free meals for nursing mothers, but they have public institutions, where children are taken in from birth, fed, clothed, and taught a trade at the public expense.

The Mayor of Huddersfield, Mr. Benjamin Broadbent, is, however, on a smaller scale, doing much to save the babies and help the mothers of the County Borough of Huddersfield.

The Corporation of which he is Chief, is doing its part, first by taking measures to learn when a baby has been born. The most critical period of a baby's life is the first week of its separate existence, and the time of all times when a mother needs help is just then. So if help is to be given to mother and babe alike it must be promptly given. For this reason the earliest notice is necessary, and as far as possible this is obtained by the action of the Corporation. The Corporation, too, has appointed two Lady Health Visitors, whose main work is to assist mothers, and to prevent the wastage of child life and health. The visitors appointed by the Corporation are fully qualified medical women, able, if necessary, to act as doctors and midwives.

The Mayor gives a sovereign as a birthday present to each baby born in the district on its attaining the age of twelve months. At the Mayoral office, a weighing machine is kept for the weighing of local babies from time to time. Valuable recommendations, hints and advice on the feeding and care of young infants are also furnished to the mothers, and the result has been a greatly reduced death rate in the district.

SECOND HAND FOOD.

IT now appears that some provision merchants deal in second hand food just as there exist dealers in second hand furniture and clothes.

Rees Thomas Jones, a provision dealer, of Barking Road, Plaistow, was summoned recently by the Medical Officer of Health for selling butter not of the nature and quality demanded. Mr. Ricardo appeared for the defendant, and Mr. Stuart for the wholesale dealers, Messrs Vanderhaege, of West Smithfield, who supplied the butter to defendant. The defence was that a warranty had been given by the wholesale dealers.

The defendant stated that when Messrs. Vanderhaege's traveller called he offered the butter with a warranty at a lower rate than other wholesale dealers. Witness asked how it was that the firm were able to do this, and was told by the traveller that it consisted of "American renovated butter and Norman butter mixed." Witness added that he sold the butter exactly in the same condition as it had been supplied to him a few hours before.

The sample of butter analysed by the West Ham analyst was said to contain 14.3 of foreign fats. Somerset House put it at 7 per cent. of foreign fat, but Mr. Otto Hehner, another public analyst, who was called in by Messrs. Vanderhaege, said that a second sample from the same block supplied to him was genuine butter and free from any admixture of foreign fat.

Then Mr. Hehner went on to explain the nature of American "renovated" butter. He said that sometimes butter "went off," and it was then melted down and the sour milk run off and replaced by pure milk and cream.

Mr. Ricardo: "Isn't it easy to tell renovate butter?"—"If I examined it microscopically, I could tell it."

"Wasn't this renovated butter?"—"I didn't test it for that. It was genuine butter."

The Magistrate: "Would renovated butter be rightly described as pure butter?"—"Well, I could not describe it otherwise."

Mr. Stuart: "We are willing to admit that the butter in question contained a percentage of renovated butter."

In conclusion, the Magistrate said it was evident from the analyses that the mixture had been done in an "amateurish fashion," and he could come to no other conclusion than that it was done in the defendant's shop. Defendant would be fined £5 5s. and £3 3s. 6d. costs.

HOMER TRIES A REST CURE.

By Sewell Ford.

Continued from Page 488.

WHEN we got to the cemetery Homer dropped out and leaned up against the gate, sayin' he'd wait there for us. We piled after Ase, who'd made a dash to get to the headstone first.

"It's right over in this section," says he, wavin' his lantern, "and I want all of you to come and see what I'm talking about when I give out dates. I want to show you, by ginger, that I've got a mem'ry that's better'n any diary ever wrote. Here we are now! Here's the grave and—well, durn my eyes! Blessed if there's any sign of a headstone here!"

And there wa'n't, either.

"By jinks!" says the old constable, slappin' his leg. "That's one on me, boys. Why, Lizzie Dorsett told me only last week that her mother had the stun took up and sent away to have the name of her second husband cut on't. Only last week she told me, and here I'd clean forgot it."

"You're an old billy goat!" says Ase Horner.

"There, there!" says Leonidas, soothing him down. "We've all enjoyed the walk, anyway, and maybe—" But just then he hears something that makes him prick up his ears. "What's the row back there at the gate?" he asks. Then, turnin' to me, he says: "Shorty, where's Homer?"

"Down there," says I.

"Then come along on the jump," says he. "If there's any trouble lying around loose he'll get into it."

Down by the gate we could see lanterns by the dozen and we could hear all sorts of yells and excitement, so we makes our move on the double. Just as we fetched the gate some one hollers:

"There he goes! Lynch the villain!"

We sees a couple of long legs strike out, and gets a glimpse of a head wrapped up in a shawl. It was Homer, all right, and he had the gang after him. He took a four-foot fence at a hurdle and was streakin' off through a plowed field into the dark.

"Hi, Fales!" sings out Leonidas. "Come back here, you chump!"

But Homer kept right on. Maybe he didn't hear, and perhaps he was too scared to stop if he did. All we could do was to get into the free-for-all with the others.

"What did he do?" yells Leonidas at a sandy whiskered man who carried a clothes line and was shoutin', "Lynch him! Lynch him!" between jumps.

"Do!" says the man. "Ain't you heard? Why, he choked Mother Bickell to death and robbed her of seventeen dollars. He's wearin' her shawl now."

As near as we could make out, the thing happened like this: When the tail enders came rushin' up with all kinds of wild yarns about robbers and such they catches sight of Homer, leanin' up in the shadow of the gate. Some one holds a lantern up to his face and an old woman spots the shawl.

"It's Mother Bickell's," says she. "Where did he get it?"

That was enough. They went for Homer like he'd set fire to a synagogue. Homer tried to tell 'em who he was, and about his heart, but he talked too slow, or his voice wa'n't strong enough; and when they began to plan on yankin' him up then and there, without printin' his picture in the paper, or a trial, he heaves up a yell and lights out for the boarding-house.

Ten hours before I wouldn't have matched Homer against a one-legged man, but the way he was gettin' over the ground then was worth the price of admission. I've done a little track work myself, and Leonidas didn't show up for any glue-foot, but Homer would have made the tape ahead of us for any distance under two miles. He'd cleared the crowd and was back into the road again, travellin' wide and free, with the shawl streamin' out behind and the nearest avenger two blocks behind us, when out jumps a Johnny-on-the-spot citizen and gives him the low tackle. He was a pussy, bald-headed little duffer, this

citizen chap, and not bein' used to blockin' runs he goes down underneath Before they could untangle we comes up, snakes Homer off the top of the heap, and skiddoos for all we has left in us.

By the time that crowd of jay-hawkers comes boomin' down to Mother Bickell's to view the remains we had the old girl up and settin' at the front window with a light behind her. They asked each other a lot of foolish questions and then concluded to go home.

While things was quietin' down we were making a grand rush to get Homer into bed before he passed in altogether. Neither me nor Leonidas looked for him to last more'n an hour or two after that stunt, and we were thinkin' of taking him back in a box. But after he got his breath he didn't say much except that he was plumb tired. We were still wonderin' whether to send for a doctor or the coroner when he rolls over with his face to the wall and goes to sleep as comfortable as a kitten in a basket.

It was the middle of the forenoon before any of us shows up for breakfast. We'd inspected Homer once, about eight o'clock, and found him still sawin' wood, so we didn't try to get him up. But just as I was openin' my second egg down he comes, walkin' a little stiff, but otherwise as good as ever, if not better.

"How far was it that I ran last night, Mr. Dodge?" says he.

"About a mile and a half," says Leonidas, stating it generous. "And it was as good amateur sprinting as I ever saw."

Homer cracked the first smile I'd seen him tackle and pulled up to the table.

"I'm beginning to think," says he, "that there cant be much of a leak in my heart, after all. When we get back to town to-night, Mr. McCabe, we'll have another talk about those boxing lessons. Eggs? Yes, thank you, Mrs. Bicknell; about four, soft. And by the way, Dodge, what *was* the date on that gravestone, anyway?"

1st Volunteer Cadet Battalion of the King's Royal Rifle Corps.

The only Volunteer Battalion that was called upon to give a gymnastic display at the Military Tournament this year. Officers: Col. Freeman Wills and Capt. Vaughan Leader (now in Canada), Sergt. Carwardine. Corpl. Mills (on left of Colonel) is open to meet any 10 stone amateur in either wrestling or weight lifting. The top man is Sergt. E. Mills, brother of Corpl. Mills, and a first class amateur boxer. An impromptu match with Dupont, the French boxing master, resulted in the Frenchman getting the worst of the exchange. G. Maund (on extreme right) is also a good man with the gloves. All train under the Sandow system. These Cadet gymnasts are probably the best Volunteer gymnasts in the country. Is there another Cadet Corps who would meet them in an all-round match?

LIVES THROWN AWAY.

200,000 Lives Annually Sacrificed Unnecessarily.

AT the opening of the School of Medicine in connection with the University of Leeds, Dr. Sir James Crichton-Browne delivered a characteristically slashing address on the unnecessary and avoidable wastage of human life.

England, he said, had been remiss in preserving and promoting those interests that hinged on scientific and medical research. In this direction Germany had stolen a march upon us, for the various Governments in the Empire had unstintedly provided their universities with fully equipped research laboratories, properly organised and conducted by professional directors. That was the secret of the rapid advances in Germany in medicine and technology. The public neglect of medical education in this country, and indifference towards it, was really astonishing. In the absence of medical aid war would be ten times more terrible than it was, and yet little or no public interest had been shown in the means taken to provide the most important and indeed indispensable public asset—medical skill. In no other of the great professions had less been done by the State or by private philanthropy to supplement the payments of those seeking to enter it. In connection with the chief London hospitals, and at Liverpool, Manchester, Birmingham, Sheffield, Newcastle, Bristol, and Leeds, medical schools had been fashioned and equipped mainly, in some instances exclusively, by medical men and medical students. If medical education in this country was to be kept at a level with that in Germany, it must be assisted either from the State chest or by an overflow from the plethora of private coffers.

DOMINATION OF BRUTE FORCE.

It was admitted that our present knowledge of living tissues, so complicated were they, was extremely limited, and yet every little advance in physiological knowledge was made a pretext for proclaiming the final dethronement of life and the absolute dominion of brute force over vast regions of which it was incapable of taking effective possession. The discrepancies between living and non-living phenomena had not been explained away.

Behind every going concern and working mechanism like a watch there was life that had made and started it, and wound it up, and without which it would not exist or go, and yet they were asked to believe that the most intricate and marvellous of all mechanisms, the human body, had no life either in it or behind it. The new materialists had dissipated the phantom of vitality, left us plants and animals more or less complicated arrangements of proteid substances, responding in a very simple way to the ordinary physical forces that we saw around us. They left us the brain, a mass of glue-like substance, nine-tenths water, with a little phosphorus thrown in, traversed by waves of physical forces, and nothing more. They left us man—a motor car, self-made and self-started, with no passengers and no chauffeur, moved by a series of explosions or re-distribution of energy, and rushing on to inevitable destruction. Whatever theoretical tenets the student might embrace, whatever physiological system they might adopt, they would, when they found themselves as medical practitioners at the bedside, become ardent vitalists. Their object and aim would be to obviate the tendency to death.

OUT-HERODING HEROD.

In the pursuit of that mission (and all diseases were included in the tendency to death) a vast field opened up before them. In 1904, the last year for which returns were available, there were 549,784 deaths in England and Wales, and of these a very considerable proportion were what might be called deaths due to preventable causes, lives that would have

been salved by a properly organised medical corps provided with suitable appliances. The death rate was 16.2 per 1000 living, but sanatarians had calculated that the unpreventable death rate in this country should not exceed 10 per 1000 living, and if that calculation were correct then the debt to Nature was each year overpaid to the extent of 200,000 lives. We could not all at once put a stop to this profuse expenditure, but we could practise progressive economy, and as the death rate forty years ago was 23.4 there was good reason to hope that in another half century, even if we did not quicken our pace but went on as we had been doing, we should have reached a point at which it might be said we were living within our means.

Unnecessary leakage was still going on. In rural districts of every 1000 born 145 perished within the first year of life, but Dr. Hope, of Liverpool, had estimated that in every 1000 born not more than eighty at the outside should succumb during the first twelve months. We were gratuitously tossing into the graveyard upwards of 50,000 infants every year. Then the mothers as well as the infants were needlessly sacrificed. Upwards of 1600 of them died every year from puerperal infective diseases which would practically be unknown amongst us could untaught and dirty midwives and careless nurses be abolished, and if proper antiseptics were used in the lying-in room.

Tuberculosis still carried off 60,000 victims annually, but the mortality from it had fallen steadily during the last three-quarters of a century, and there were good grounds for hoping it would be stamped out in another forty or fifty years, for medical students had before them a wide field of operation, a campaign that would tax all their energies and afford them unlimited opportunities for exercising their craft.

THE MORNING TUB—A WARNING.

By Herbert Snow, M.D.

"THE Schoolmaster is abroad." So in Lord Lytton's "My Novel," Dick Avenel, the rich parvenu, is constantly remarking. And the statement is infinitely better warranted now than it was in those days. When we receive the blue half yearly paper for the local rates, we appreciate its full force. Doubtless we shall feel still happier when we have digested the rich treat in store for us, and have worried through the last scrimmage on the Education Bill—those of us, at any rate, who may survive.

But he is sometimes abroad in more senses than one. Before me lies the following circular notice lately issued by the head-master of a popular and justly celebrated public school: "It is hoped that parents will co-operate with the school authorities in their endeavours to induce every boy in the school to take a cold bath in the mornings. The practice is healthy and invigorating, and will materially assist physical development."

Now this advice is eminently plausible. All true Britons entertain a profound respect for cold water—at any rate when intended for outward use. As to the inward, one can't speak with quite so much confidence. But with all that, "the bearing of this here saying lies in the application of it," as Captain Bunsby sagely observed. And the application may be very mischievous indeed. For several reasons boys should not be indiscriminately dowsed in the manner indicated.

In the first place, we are not constructed like watches, all on the same pattern, as so many people, including the worthy pedagogue aforesaid, seem to think. No two of us are exactly or even approximately alike, in structure or in constitution. Hence it is utterly unsafe to pronounce comprehensive dogmas on any single detail of our life-habits, whether these concern food, clothing, temperature, or any other feature of the complex environment. There is no wiser or truer saying than the trite proverb, "What is one man's meat is another's poison."

In the second place, one cannot train the human plant, as a rule, very far in directions opposite to the creative fiat of

Nature. If in the attempt successes are met with they will be scanty, and full tribute will be exacted for them. You can't really "harden," as the popular phrase is, very young children by cold douching in the nursery, especially in our austere climate. Some perhaps bear it without harm till they reach an age at which the cold tub is really beneficial. But the majority are hindered in growth, and deteriorated in health by too early and too rigid recourse to the practice. While in a few the shock is apt to lay the seeds of serious disease.

Thirdly, it must always be remembered that we now lead a highly artificial life, pent up for the most part in large cities, and continuously putting great strain on our nervous system.

I have known well grown schoolboys suffer much injury through the cold morning bath, and feel it right to utter this warning against its abuse. To six boys out of ten, a cold douche at most seasons of the year would be beneficial. But the other four could only tolerate it in warm weather, and with reasonable precaution. I refer, of course, to healthy boys, not to those with organic disease. To the latter, the nerve-shock on the one hand, and the chill on the other, are both elements of danger. The test is, of course, the reaction. If a boy acquires a comfortable glow and sensations of pleasure after the cold tub, it has done him good. If he feels chilly and uncomfortable afterwards, it is harmful. Those who have by nature a weak circulation are commonly chilled and unhappy all the rest of the day. And what I desire particularly to insist on is that no amount of Spartan training will convert the one class into the other, although it may to some extent influence individuals on the border line.

But a further note of warning is surely needed, and that in quite another key. "Keep your eye on the rates." If this kind of thing is so publicly and emphatically advocated by the upper class schools, the others will naturally follow. So far I have not heard of any provision in the pending Education Bill for a cold douche at the public expense, compulsory all round. But doubtless the next one—I look for it about 1907—will remedy the deficiency; and the girls can't be left out.

Every child will, of course, require a separate clean towel, and Government inspectors must be on the spot to ensure that the rule is carried out. It stands to reason you should do something to ensure a good appetite for the free breakfast, and many of the bairns would thrive on the treatment. I fear that a good few wouldn't. But anyhow plenty of doctors will derive from the enactment a warm and comforting glow of satisfaction even if the poor juveniles—not to mention the ratepayers—experience sensations entirely opposite.—*John Bull!*

BEDS ON BALCONIES.

Many patients sleep on the balconies of hospitals in various parts of England, and the authorities state that the results are highly beneficial. It was reported at the annual meeting of the governors of the York County Hospital that improvement was especially noticeable in surgical cases when patients were permitted to sleep in the open air.

A *Daily Express* representative who made inquiries found that the only hospital in London where patients actually remained in the open air all night was St. Thomas's. The reason for this is that most of the institutions are in crowded thoroughfares, where the dust and noise preclude the possibility of sleeping on the balconies.

"It is only the patients suffering from phthisis who sleep out on the balconies, by the side of the river, facing the Houses of Parliament," said one of the officials of St. Thomas's Hospital. "The principal good done by the air is a reduction of the patient's temperature, and a stimulation to the appetite. On fine afternoons the children's beds are taken out on the balconies and they sleep there."

"I wish our patients could sleep in the open air," declared the secretary of the London Hospital, in Whitechapel Road. "But it is quite impossible, owing to the fact that all the night there is the roar of passing traffic. The principal cases with which we have to deal are surgical, and there can be no doubt that patients recover much sooner if they are much in the open air than they do otherwise. This is not because the air heals the wounds, which are covered with sterilised gauze, but because the patient does not become 'hospitalised,' which always retards recovery.

"What we really want is another hospital near London—say in the Epping Forest district—where we could send surgical patients after they have been here about nineteen days. If we had such a building as that, where it would be possible to sleep in the open air, I am sure the patients would recover much more speedily."

WHY YOU SNORE

And do many other odd things.

THERE are a good many odd things we do and feel, the real cause of which many are entirely ignorant. When you put your fingers into your ears you hear a roaring sound, which is like nothing so much as the noise of a great cataract. It is the circulation of your blood which is pouring in a never-ending stream through a large blood vessel that runs close by the inner ear.

Once in a while, when you take a big mouthful of ice cream, you are suddenly seized with a distressing pain in the temple. The effect is due to a chilling of the nerves of the throat. The sensation shoots back to the centre of those nerves in the brain. But there it finds a side connection with the great facial nerve that starts from in front of the ear and extends its branches over the side of the face. One branch of this nerve passes across the temple, and through it is carried the pain of the chill, which is likely to be quite agonising in that locality for a moment or so. This feeling of a sensation in one nerve when another nerve is attacked is what is called "reflex action."

Cramp in the calf of the leg, from which nearly everybody suffers occasionally, is a knotting of the muscles due ordinarily to cold or fatigue. Irritation of any sort, however, may bring it on—by an electric current, for instance. It is very distressing while it lasts, and the proper thing to do, when one is waked up by the pain, is to stretch out the heel as far as possible, thus pulling out the knot. Sometimes in turning on the pillow, or under other circumstances during the day, one suddenly feels a wrench in the back of the neck, accompanied by an almost unbearable burning sensation. This is caused by the catching of a tendon on one of the projections of the spine.

THE "FUNNY BONE."

When, in consequence of running, a pain is felt on the right side of the body, it is due to the weight of the liver, which is a very heavy organ. It will be noticed that, as a means of relieving the distress, a person instinctively presses his hand upon the part, so as to give support to the liver. Adults do not suffer so much from this trouble as young folks, because they do not do so much running. But everybody suffers from hiccoughs once in a while, and this form of discomfort is a spasm of the diaphragm caused by a condition of the stomach. Thus, a person who has partaken imprudently of intoxicants, which have caused indigestion, is liable to experience an attack of hiccoughs.

The roof of your mouth is so sensitive that a few rubs with your tongue will render it unpleasantly sore. The cause is simply that in the mucous membrane (inner skin) covering that part are ever so many little nerve ends, protected only by a thin coating of skin cells. A rub or two with your tongue will scrape off these protecting cells, leaving the sensitive nerve ends bare, and under such conditions they are sore to the touch.

Over and across the bone of your elbow runs a big nerve. If you strike your elbow in such a way as to catch the nerve between the object and the bone it hurts, naturally, and you feel a numbness at the ends of your fingers, into which branches of the nerve in question extend. Such is the philosophy of the "funny bone."

Connected with the apparatus of hearing, and contained within the bones at the side of the head, are the so-called semi-circular canals, which are lines with a membrane containing nerve ends that have to do not with hearing, apparently, but with the control of equilibrium. If the canals on one side be diseased the afflicted person will be unable to walk except in a circle. In the canals is a watery fluid, the function of which is not well understood, but any disturbance of it will cause nausea. The motion of a ship at sea produces such an effect, thus

giving rise, says Dr. Guyot, to the form of discomfort known as sea-sickness.

WHY PEOPLE SNORE.

Snoring is caused usually by some obstruction of the nasal passages, on account of which the person who snores sleeps with his mouth wide open, being unable to breathe comfortably through the nose; but there may be other reasons why. When it comes to explaining why a sleeper is liable to be awakened by the gaze of another individual fixed steadily upon him, the question, says Dr. Guyot, intrudes upon the domain of the hidden and the occult, and must be regarded as one of those things upon which we are all anxiously waiting reliable information.

The Sun and the Skin.

THE tan craze, so prevalent last year, is abating—at least among the automobile set. A fine coat of tan bespeaks a love of athletics, and it makes one look healthy. But now the fair ones are discovering that too long exposure to a summer sun rather coarsens the skin. Light coloured chiffon veils are, therefore, this season *en regle*.

The change, from a beauty viewpoint, is not wholly a bad one; and yet the face may be too assiduously protected as well as too much exposed. Nothing more beautifies the complexion than judicious exposure to sunlight and fresh air. The truth of this is recognised when we observe the pale, sallow complexions that prisoners acquire after even a short confinement. Plants that grow in dark places are almost colourless whereas those exposed to the sun's rays are variegated with the brightest lines.

It is good occasionally to anoint the entire body with oil or glycerine. The application of vaseline, camphor ice or cold cream to the hands, lips and face at night, especially in winter, will keep the skin of those parts soft and pliable and prevent chapping. Exercise, by inducing perspiration and thus getting rid of noxious secretions, does much for the skin's health. In fact, anything that tends to raise the general bodily tone, such as proper diet, plenty of fresh air, etc., conduces to beauty. Clogged pores and deficient perspiratory action are common causes of colds, fevers and diarrhœa.

Sunbaths are extremely beneficial to the skin; they first redden it, and then it peels, disclosing the new, delicate membrane underneath. But there is a mean in the duration of sunbaths beyond which one should not go. Constant exposure to a torrid sun destroys the skin's natural sensibility, coarsens and roughen it, and, by causing the obstruction and rupture of its capillary arteries, imparts to it the streaky, ruddy, weather beaten appearance that we see in the countenances of most mariners.

The importance to health of exposing the body for a few hours, however, each day to the sunlight cannot be too strongly insisted on. The sun, having remarkable germicidal power, destroys all disease germs; and rooms into which it occasionally enters are more healthful than those into which it never enters. The sun's actinic or chemical rays are great beautifiers.

When the complexion is coarse, covered with blackheads, and of a sallow colour, it is because the epidermis is of undue thickness. The rosy lips—parts where the outer skin is thin—of many yellow complexion persons showed how essential to beauty is a thorough, though not excessive, desquamation of this first layer. Rubbing the face vigorously with a coarse washcloth wet with soap and water will make one as rosy as a baby. Still another way to thin the epidermis is by dry friction with a coarse towel. If never rubbed even metals become incrusted and dull looking.

And friction has more than a superficial effect on the skin. By bringing blood to the surface it enlarges the capillaries which, as I have said, the arteries supply to the derma, and this permanently heightens the skin's colour. Again, the increased flow of blood effects a more thorough destruction of fat; whence results the peripheral firmness that is characteristic of youth. While massage has somewhat the same effect, it is not so pronounced as when it is combined with friction.

The claim has been made that scrubbing

the body daily with a flesh brush prolongs life, the argument being that friction, by rousing and accelerating the circulation in the minute vessels of the peripheral parts, which are especially prone to decay in old age, energises them and thus conduces to longevity. Friction was recommended by some eminent physician as a panacea for premature decay. At all events simple rubbing with the hand, or preferably with a glove, will restore tone and colour to the most lax and pallid skin.

To remove the freckles that often appear on fair-skinned persons who have been exposed to the sun, "the frequent application of dilute spirit, or lemon juice, or a lotion formed by adding acetic, hydro-chloric, nitric, or sulphuric acid, or liquor of potassa to water, until it is just strong enough to slightly prick the tongue," has been recommended.

SOME CHINESE MAXIMS.

REMEMBER that your ability is rated in the world's clearing house by the things you have accomplished, not by what you meant to do.

No matter how skilfully you may have played your part in any of the games of life, you are judged only by this test: "Did you win?"

Remember, when some one seems to be much overjoyed at seeing you after an absence, that it may be only the outbreaking of the pent-up pleasure he felt at your absence.

No one really hates you if you are not doing much in the world, and if every one is pleasant to you you are not getting very far from the beaten path.

When you are laughing at the mistakes of another, think of what may call you to action in the same nature of proceedings in the future.

Abstinence from talking to one's self is the best way to see how absurd it seems in others.

When you are poor you must practise abstinence and exercise your body to exist; when you're rich you must practise them both to enjoy the things you may have.

Wonderful Chest Expansion for so small a boy.

FOOLISHNESS is always talkative, which may be the reason why you have championed so many errors in the past. In your desire to be accurate do not be cruel: an extra word or two may save pain.

Don't make many acquaintances if you want to be rich; you may find it necessary to spend money now and then to keep their good will.

If you don't make many acquaintances you will eventually find yourself very lonely, and the selfishness in you may make you an outcast even with wealth.

Action is the thing the body uses to express itself, and if it could put its expressions into words it would probably seem as foolish as many of our minds.

If you can't adapt yourself to new situations and new conditions it is time to prepare for entering a retreat.

If you want to be happy in a position of advancement, try to reach it by degrees. People cannot forgive a man who reaches eminence too swiftly.

If you know how to be humble somebody will push you along in life, because almost every one wants to feel that he has done something for a deserving person.

BREAD IN HISTORY, LITERATURE AND SCIENCE.

ALL food is comprehended in this one word—*Bread*. It is so the world over. During the famine in India, the cry that rose from that far-away land and was borne across the sea to us, was a cry for *Bread*; when in the days of Lafayette, the starving and maddened people of France crossed the Seine and mounting the hill stormed the palace of Versailles, and the Queen appearing upon the balcony essayed to quiet their frenzy with promises, their terrible shoutings were for *Bread*; and the uprisings among the poor and hungry of London that are the most vividly remembered tragedies of that great city are the outbreaks of the masses in their fierce demands for *Bread*.

The makers of literature also in seeking to group together all the wage-workers of the world in one graphic word, have called them the *Bread-winners*; and one of the world's periods of most wonderful and far-reaching epoch-making events was ushered in by the going down of Jacob and his children into Egypt at the invitation of Joseph the Prime Minister, in answer to his starving brethren's appeal for *Bread*.

That is to say, from the beginning of recorded time throughout all the world, and by all people until this day, the primary and only absolutely essential food, the only food that will of itself supply every need of the human body, is *Bread*.

With these facts in mind, it is manifest that the highest wisdom of man could not be more nobly employed than in producing a Flour containing in the largest possible measure the vital elements of a perfect Bread food. And it is not a little singular that these vital elements of the physical life are not found in any considerable sum in the high priced fine white flours.

Where then shall we find the Flour which the world needs and must have? We get glimpses and suggestions of it in the caves which Sara made for Abraham, and in the bread which Rebekah made for Jacob, to sustain him on his long journey to the land of Laban's pretty daughters; we get measurable revelations of it in those earlier days and Oriental lands in the bread generally called, by reason of its great wholesomeness, "the staff of life,"—bread made of Flour of the whole wheat.

But these glimpses and suggestions and measurable revelations were but prophecies of time when patient research and modern knowledge, and philanthropic interest in the betterment of the race, combined with great commercial enterprise should produce a Flour of the whole wheat—the only Flour that will make a perfect Bread, a bread that is wholesome food for the entire body.

LIVING ON COCOA-NUTS.

H. M. Robson, returning from the Island of Kabakoo, in the South Sea, gives interesting details of the life of two German professors whom he found there leading the primitive life.

One is Prof. Engelhard, of the University of Munich, who, having been in feeble health since childhood and unable to eat any other food but fruit, concluded to embrace this Robinson Crusoe life, and has been in the island since 1901. The other, who arrived in the island eighteen months later, is Dr. A. Bethmann. Both live entirely on cocoa-nuts, on which they thrive, and which they consider the original food of primitive man. Their dress is made of entwined grass. Both enjoy good health and do not spend a cent. for their living.

CLEANLY MANCHINIANS.

Manchester Corporation Baths are a remarkable success. During August the number of bathers was 294,297 (over one-third of the population), an increase of 24,434 over the corresponding month in 1905. The receipts were £1200, an increase of £368 for the same period.

UNDERFED WORKERS.

The hygienic condition of the poorer working classes all through the country is bad. The unskilled labourers are in the condition of horses fed on grass; such a horse would not appear hungry, but it could not work, and the lethargy of our working men is due to their being chronically underfed.—*Engineering*.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may help Many.

For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

[Readers entitled to Medals must make written application for same, enclosing 1d. stamp and cutting of "Letter," same bearing date of issue. No medals will be sent without this application.—THE PRESIDENT.]

I RECEIVED Fellowship Medal yesterday, and can only say with the other winners that I'm more than pleased with it, and I think it a little gem. It is dangling from my watch-chain now, and will stay there. When my chum saw it he praised it very highly, and said he would have a try for one too.

Aberdeen. JOHN ROSS.

[The following interesting letter has been received from a teacher in the Royal Blind Asylum and School, and its contents give me the greatest pleasure. Need I say I shall be only too glad to give the permission required by my correspondent to reproduce any part of the contents of the Magazine.—THE EDITOR.]

West Craigmillar, Edinburgh.

SIR,—I do not know whether you have any blind friends, but I feel sure you will be glad to further my attempts to give my blind pupils in this Institution some physical culture literature in a permanent form for their own reading.

Some of our older boys are starting a monthly Braille magazine—not printed, but embossed by hand—to which all the pupils, teachers, and other friends interested are invited to contribute articles, either original or copied. I thought this would be a good opportunity for me to give them the benefit of some extracts from your magazine occasionally, if you would kindly grant me permission to transcribe them into Braille.

I have often talked "Physical Culture" with my pupils, besides reading them articles from "SANDOW'S," and quite a number of the boys take a real interest in the subject. Our magazine, which is to be called *The Dunedin*, may not live very long—its continued existence depending on the enthusiasm of the editor and his supporters—but be its numbers few or many, they will eventually be bound and placed in the school library, to be read by succeeding generations of scholars. I have my eye on some extracts with which I should like to grace the first number of *The Dunedin*, and if I might put at the end thereof: "By kind permission of the Editor of SANDOW'S MAGAZINE," our juvenile editor and his readers would be highly gratified.

I don't want to trouble you to send a personal reply to this request, but a word or two in an early issue of your magazine will be sure to meet my eye. In replying, will you kindly say whether we can make use of any article, or only of those from your own pen.

Yours sincerely,

(Miss) BELL W. DICKSON.

"A Voice from the Back Blocks."

[The following letter has been sent me by Mr. R. O. Jarrett, who says it is only one of many he has received from school-masters in the back blocks of New Zealand. I publish it to show what is being done in that country for the training of school children.—THE EDITOR.]

R. O. JARRETT, ESQ.,—As I am compelled by the Public School Regulations to adopt some form of physical exercise for the development of my pupils, I have decided that the most beneficial form of exercise is breathing and chest development. As you are a specialist in this kind of exercise I was thinking (provided I am not asking too much) if you would kindly supply me with a set of simple exercises for breathing and chest development. I am anxious to adopt right methods, and, as by reason of the position of my school, I am not able to attend classes personally, I am compelled to seek the aid of written rules. Hoping you will kindly consider my request,

I am, etc.,

R. E. SIXTUS.

P.S.—Kindly state the price of any pamphlets, etc., you may recommend. Address: R. E. SIXTUS, Umutoi, Apiti.

Importance of Concentration.

Camberwell, S.E.

Sir,—I have lately started a physical culture club at 285, Albany Road, Camberwell, and am rather surprised to find that there are such a great number of young fellows who tell me that, although they have been exercising with dumb-bells and developers for a good number of months their development does not show much improvement, and like a great many would-be strong men, they soon get disheartened and give up in despair. But when I asked them to show me how they went through their exercises and the weight of dumb-bells they used, it was quite enough for me. I soon saw that in some cases their dumb-bells were far too heavy for them; in others, they did not breathe properly whilst exercising, by inhaling when they ought to exhale, and *vice versa*, but in the majority of cases they left out the most important item of all, namely, concentration. I should like here to say a few words about concentration, and if you think it will be of any help or benefit to your readers you can publish same in your magazine. Concentration is the great secret of success, as Mr. Sandow has time after time explained so fully and clearly in his magazines and other books he has written. So, my friends, if you want to obtain a good all-round development in a given time you *must* concentrate your mind on your work. Some people and the majority from what I can see, think that the heavier the dumb-bells they use the quicker and better will be their results; but it is a great mistake on their part. I once thought the same myself, but my experience has now taught me better. I find that as long as you have something to grip it doesn't matter how light the dumb-bells may be and to put your will power together with the concentration of the mind upon the particular muscle or muscles one is developing at the time is a far better and quicker route to success than by using dumb-bells that are too heavy.

So, my friends, do not be discouraged, but start again, and if you have been using dumb-bells that were too heavy for you, discard them for lighter ones, use more will power, and, above all, concentrate your whole mind on your work, for it is the mind and mind only that is the secret of success.

A. Danks,
Sandow Gold Medallist.

Chased Away Depression.

Cwmbran.

Sir,—I have much pleasure in writing to tell you what physical culture has done for me. It has worked wonder in my health, and dispelled all low feelings. I now find pleasure in all things. I am also remembering I owe you a service, and, therefore, I do all the good I can in advocating your system, and distributing my magazines, and many ask me what I have been up to when they see me stripped. Then I explained your books on "Strength."

J. Campfield.

Not Bad for Seventeen.

Devonport.

Sir,—I have been a reader of your magazine for this last twelve months. I am seventeen years of age and can lift 105 lbs. above the head in the right hand and 84 lbs. in the left. I can press 140 lbs. above the head four times in both hands. My measurements are as follows: Neck, 15½ ins., wrist 7½ ins., forearm 11½ ins., biceps 11½ ins., flexed 13 ins., chest (natural), 37 ins. (expanded) 42 ins., waist 30 ins., contracted 26½ ins., hips 37 ins., thigh 22½ ins., calves 14½ ins. My trade is that of a cook, a trade which entails a lot of work, but I can find spare time to have a go at the grips, from which I benefit a good deal. I joined a church club gymnasium when I was thirteen years old, and in my second season I was champion of the squad. I am now instructer. During this last twelve months I have developed wonderfully. My chief exercise in the summer months are rowing and running. In both these I have won prizes. As soon as I get your magazine I read it, and then take it to the club, where a good many members look through it.

P. M. Rennie.

In Bonnie Scotia.

Rutherglen, near Glasgow.

Sir,—Being a constant reader of your magazine and also one interested in physical culture, I write to give my experiences and thanks for the great benefits derived from your system. It is now three months since a friend of mine recommended me to turn over a new leaf and go in for some physical culture. After about six weeks' training with your grip dumb-bells and developers I proclaimed to many of my friends how vigorous I now felt, and advised them to start your system, which some of them have done, while others are so enthusiastic that I am thinking of starting a class in Rutherglen. I distribute every week copies of your magazine to friends likely to become interested in your system, and am ever keeping in mind the motto of the Readers' Club.

James Ellis.

Dodging the Doctors.

Sukkur Sindh, India.

Sir,—After seeing Mr. Sandow at the Royal in Calcutta last year when he was touring India I got Sandow's grip dumb-bells and developers, and started exercise, and I am glad to let you know that I have never been near a doctor since then. I cannot speak too highly of the blessing to mankind that Mr. Sandow has given in his method of physical culture. Last year I was a most useless article in this world, and to-day my health is good and my biceps measure 13 ins. My body is getting lumps of muscles all over. I do not wish to sound my own trumpet, but all those that have seen me stripped have expressed surprise at the amount of muscle on my body, and I have only gone in for Sandow's for less than a year. I have just got the manager of our railway stores to stock Sandow's complete outfits, and I have several purchasers ready. I am now thirty years of age, but still I am doing my best.

Charles W. Ryan.

Good for the Children.

Peckham, S.E.

SIR,—It is some time now since I was first inspired by physical culture, but it is only within the last four months that I have gone in for it strongly, and I fell a wonderful difference in myself already. I maintain it is the duty of every man, woman and child, to Nature and themselves, to develop their bodies, and bring them to that perfection of strength and beauty which they were originally. It would be, I think, a good thing for children at the present time if the day schools taught more physical culture than they do, instead of cramming the young brains with a lot of unnecessary things, which in a good many cases they will never want as long as they live. The children would grow up and go into the world a race of strong and healthy men and women instead of a population of undersized weaklings which, in the majority of cases, they are to-day. Words cannot too highly praise Mr. A. W. Ford's noble work among the poor lads of Wolverhampton. I, for one, wish him every success.

T. HAINES, JUN.

A Tip to Male Readers.

St. Leonards-on-Sea.

SIR,—I have lately made a lady friend of mine a present of a symmetrion, and I think if other young men would do this, or encourage the ladies in some other way, we should find the coming generation a better and more healthy set of mothers than the present. I might add that I am a physical culturist of only four months' standing, but I am highly delighted with my progress, to say nothing of my development. I have entirely got rid of my indigestion.

VERNON PEARSON.

"I WISH to thank you very much for the gold medal, which I have safely received. I am highly pleased with it, and could not have desired anything prettier.—P. D. STANTON (Chesterfield)."

"MANY thanks for the beautiful medal you sent me. I shall always have great pleasure in showing it to my friends, and I hope it may be the means of getting new readers and physical culturists.—ROBERT AULD (Ayr)."

CLUBS AND SOCIETIES.

[The Editor will be pleased to receive reports of meetings, news, items of interest, and photographs from the secretaries of clubs and societies to appear in this section of the MAGAZINE.*]*

Blackburn.

THE Blackburn Men's Physical Culture and Literary Society, founded last year, is now an established success. The Society's aim, as its title indicates, is "a sound mind in a sound body." The headquarters of the Society are the Park View Gymnasium, Preston New Road, Blackburn, but applications for membership should be made to Mr. A. P. Howe, 21, Park Avenue, Blackburn.

Stockton.

As a preliminary to the new session of the Stockton Y.M.C.A. Physical Culture Club a re-opening exhibition was recently given in the Borough Hall, Stockton. An elaborate programme of gymnastic work was gone through, including an open high jumping contest, and single stick and quarter staff bouts. The ladies of the club, assisted by gentlemen from the Middlesbrough Gymnastic Club, gave a smart performance.

Glasgow.

THE fifth session of the Glasgow Health Culture Society has been successfully inaugurated by a social gathering of the members and their friends in the Society's lecture hall, 25, Bath Street. Tea was served when the company had assembled, and an enjoyable musical programme was afterwards ably sustained. An excellent syllabus has been arranged for alternate Wednesdays throughout the winter session.

Cardiff.

AT the City School of Physical and Health Culture, Cardiff, an interesting exposition of physical culture, weight-lifting, and wrestling was given recently by Messrs. J. and J. J. Matthews. The entertainment included a display of ju-jitsu.

Dublin.

AT the annual meeting of the Dublin Physical Culture Society, Mr. S. Cameron Potter in the chair, the following were elected on the Committee: Messrs. B. Byrne, J. Dowling, S. C. Potter, A. F. Owgan, and W. E. Brown, hon. sec. and treasurer. After some discussion the class nights were altered to Monday and Thursday, from 8 to 10 p.m. Mr. J. F. Gillespie, Gymnastic Instructor R.I.C., was re-elected instructor. It was decided that medals be awarded to members showing the greatest development during the season.

Darlington.

A WELL attended meeting was held at the Blue Bell Inn, Lanchester, under the presidency of Mr. William Johnson, when it was resolved to establish a gymnasium and physical culture club for the district. About thirty members were enrolled, and the following officers were chosen: President, Mr. W. Johnson; Secretary, Mr. J. Vincent Pallister, Ormsby Hill; Treasurer, Mr. W. Bowes, Malton Colliery; and Committee, Messrs. T. Rowell, T. Lynn, G. Wilson, and J. Brighton; with Mr. Tom Rowell as instructor.

IN THE ARENA OF SPORT.

SOUTHEND'S LAUDABLE STEP.

AN association, with the object of encouraging physical education, has been formed at Southend under the direction of Colour Sergeant W. Peck, a gentlemen well known in south-east Essex. The project has received strong local support. It is hoped to arrange bar-bell, dumb-bell and free gymnastic contests in the British or Swedish styles, with or without music between teams of boys and girls under sixteen years of age. A valuable challenge shield has already been offered for competition, and there are good grounds for believing other similar trophies will be forthcoming.

AT CARDIFF.

A PHYSICAL culture display took place recently at the Central School of Physical Culture, Millicent Street, Cardiff, the principals of which are Mr. L. Imperato and Mr. H. J. Simmonds. The first item on the programme was a boxing display by the brothers Williams, both showing smart work. The second event was a weight-lifting display by the ever popular T. Orchard, which was followed by another smart boxing bout between F. Nends and A. Nielson. J. Clompus gave a series of classic poses showing fine development. He announced, through the chairman, that he obtained his muscular power by using a Sandow's Developer as a chest expander. After an interval of ten minutes a wrestling bout was indulged in by J. Herbert and — Wright. This was an exciting bout, ending in a win for Herbert. Another wrestling bout took place between the principals, both having an exciting time for twelve minutes, the bout ending in a draw. The tit-bit of the evening was a wrestling contest between two juveniles, McLeod, of the City School of Physical Culture, and Lewis, unattached. After some smart wrestling McLeod won; the winner was presented with a silver medal. This ended a long and enjoyable programme.

WALKING ON HIS HEAD.

PATRONS of the Paris music-halls are being entertained just now by a performer with a brand new feat. He is a young man, a Dane, of twenty-three years, who walks, jumps, and even runs on his head without using his hands in any way.

Simply divesting himself of his coat, he ties a little round cushion on the top of his head, fastening the straps under his chin. Then, with a graceful movement, he lands on his head with his feet pointing skyward. The performer does not walk in the ordinary sense of the word, he hops about upside down.

In Vienna recently he gave a street exhibition, walking a distance of three blocks without taking a rest. In a Paris newspaper office he stood on his head on a table and jumped head first to the ground, winding up the performance by hopping head first down a flight of stairs as quickly and easily as the ordinary man walks.

NEW HALF-BACK FOR MILLWALL.

AN emissary from Millwall has just completed a tour in Scotland in search of players, and has succeeded in signing a stalwart half back connected with Arthurlie, the well known Scottish League Second Division club.

His name is Hughes, and he stands 5 ft. 11 in. in height, and weighs 12 st. 7 lbs. He is a powerful half back, tackling with great vigour, and a leading feature of his play is the persistent manner in which he shoots for goal when his forwards are too closely set on by the defence. He should prove a valuable player for Millwall, who are in need of half backs of ability.

L. M. MACLEOD, the Scottish international three, and last season's Cambridge captain, will not play at all this season. He leaves for the United States shortly on business.

LUNG BATHS.

ACCORDING to the recent dictum of an eminent physician, "our lungs, quite as well as our bodies, need baths." Especially do they need a bath after we have sat for three or four hours in the impure and stale air of a theatre or a church. Then, if we could see them, our lungs would look as unsightly as the face of a coal-heaver looks after a hard day's work. "They need a bath, but not a water one. Air, pure air is the cleanser of the lungs, and to bathe them the head should be thrown back, and through the nostrils pure, fresh air should be inhaled till the lungs are distended to their utmost limit. About twenty-five of the deepest possible lungfuls of pure air should be slowly inhaled and exhaled. Then the pure air rushes like a torrent through all the dusty crannies and hidden, grimy corners of the lungs, and it carries out with it every impurity. After a long sitting in a theatre's stale air, try a lung bath. You will be amazed to find how it will cheer and strengthen you."

"THIS weather is very trying to everybody."

"Yes, I don't see how my wife is going to bear up under it. When the sun doesn't shine she's miserable, and when it does she says it's fading the carpet."

POINTED AND PERSONAL.

The Men who are Representing South Africa at Rugby.

IT is the personal that interests. The thanks of the sporting public, therefore, are due to the *Daily Express* for the following "Who's Who" of the men comprising the South African team. The section of the *Express* devoted to sporting matters is always exceptionally bright, and by compiling this table the sporting editor of that journal has scored once more.

The team, with one exception, are Afrikanders, the Dutch element predominating. Naturally there are a good many of British origin, while the French Huguenot strain is not absent from members of the side. But as South Africans they wish to be known; creed and nationality are sunk in Rugby football.

The *Express* representative, who has and will accompany the South Africans in all their matches, has gained details of the players. These are as follow:—

A. BURMEISTER.

Burmeister is generally called "Burmie." His age is twenty-one, his height 5 ft. 11 ins., and his weight 13 st. 6 lbs. Plays for Hamiltons and Western Province as full back, and, next to Joubert, is considered the best man in South Africa for this position. Will be the regular "full" in this country. First made his name in 1901, for the Sea Point Club, and has never looked back. Three years ago, before Joubert came on the scene, he was recognised as quite the best. So far, his defence has not been sorely tested, but his fearlessness and stoical calmness are impressive. If not lightning-like, he is never flurried, and the length and accuracy of his kicking are possibly the best features of his play. Has a quiet, almost stolid, temperament, and is also very keen on billiards.

A. F. MARSBURG ("Marsie").

Marsburg is twenty-three years old, height 6ft., and weighs 13 st. 4 lbs. He is the tallest and second heaviest of the backs. His nickname is formed by abbreviating his surname, and also by the good work he did while touring South Africa with Leonard Rayne's company in "A Message from Mars." Many of the other backs can play in the last line of defence, but Marsburg will be Burmeister's chief understudy. He will also be wanted as a wing three quarter. Plays for Kimberley and Griqualand West; first came nto prominence eight seasons ago, and since then has done equally good work as a "full," and a "three," bringing both a fine defence and attack always into his play. Last season he did not have his line crossed once. As a sprinter, a quarter mile man, and a hurdler he is a grand performer. Served with the Kimberley Regiment during the war, and is one of the brightest "Springbokken" over here.

J. A. LOUBSER ("Bobs").

Louber's age is twenty-two, height 5 ft. 8 ins., and weight 12 st. The "star" wing three-quarter of the team, and thought to be the best man in this position his country has reared. Plays for Stellenbosch and Western Province, and is one of the famous Stellenbosch quartette—completed by Krige, De Villiers, and Stegmann—possibly the most dangerous third line now playing Rugby. As was the case with many others, Victoria College developed his game. In 1903 he first came to stay. Played in two internationals against Mark Morrison's team. Off the mark like a flash, the fastest man in the team, has a grand swerve and a rock-like defence—these are some accepted attributes of his play. As a runner, he has won the inter-collegiate races at a hundred and 220 yards. In personality, one would have to hunt him out rather than otherwise; in fact, he possesses the modesty of the really great. Hence his nickname of "Bobs."

J. D. KRIGE ("Japie").

His Christian names are Jacob Daniel, his age is twenty-seven, his height is 5 ft. 7 ins., and his avoirdupois is 10 st. 10 lbs. This information is immaterial in South Africa. He is just Japie, the idol of his country's Rugbeians. For twelve years he has been before them, and they have got accustomed to his brilliance. We in the older "home" have yet to realise why Japie is such a household word out there—second only to that of Mr. Rowland Hill. A little fair-haired boy of fifteen he first played for the Caledon team. Now he is attached to Stellenbosch and Western Province, but in appearance he still remains a little fair-haired boy. No longer the great scorer on his own, his work as a brainy centre is so fine that he builds up opportunities for his companions, especially Loubser. Has played many times against British touring fifteens. Has done the "hundred" in 10 1-5 secs., has thrice won the Victor Ludorum Cup for all round athletic merit, and shapes well at cricket and lawn tennis. Out of "footer" rig, is an unostentatious little chap in big spectacles. He is recovering from influenza.

H. A. DE VILLIERS ("Boy" and "Bekkie").

De Villiers' age is twenty-three, height 5 ft. 9½ ins., weight 12 st. Has many of the characteristics of the Huguenots, and when stripped has

one of the finest physiques imaginable. Plays for "S. and W.P.," as left centre, first appearing for his province in 1904. In a swerving run he is difficult to check; can drop a fine goal, works hand in glove with the other "Stellenbosches" and will go down on the ball whatever the personal risk. Is a useful all round cricketer. One is never dull, nor does silence reign long when "Boy" is knocking around.

A. C. STEGMANN ("Stejie").

His age is twenty-two, height 5 ft. 11 ins., and weight 12 st. 7 lbs. Another "S. and W.P." player, and only gained representative honours this last season in South Africa. Played twice in the qualifying tournament, and was then injured. However, he had done sufficient to be sent across the seas. He and Louiser are the pace men of the side, and Stegmann uses his great strength and dash with a purpose. He never checks himself, and the way he sailed through the Fast Midlanders was immense. He is likely to be one of the great successes of the tour, while his popularity with the team is another big asset in his favour.

J. S. LE ROUX ("Kats" and "Jopie").

J. Le Roux's age is twenty-three, height 5 ft. 11 ins., and weight 12 st. ½ lbs. Plays for Gardens and W.P., but, before accepting a civil service appointment at Capetown, turned out for Stellenbosch. He assisted his province for the first time this season, and Stegmann's absence gave Le Roux just the chance to distinguish himself. Perhaps the most daring and vigorous "three" in the team. He may not take his passes so accurately as some of the others, but as a fleet "corkscrew" runner he is like the New Zealander, Hunter. Still, defence is probably his great point. In this department he has no superior in pluck and decisiveness. Has yet to make an appearance over here. Is very keen on racing, and is one of the "best sorts" in a team of "good fellows."

S. C. DE MELKER ("Slapie").

De Melker's age is twenty-two, height 5 ft. 7 ins., and weight 10 st. 10 lbs. His nickname is hardly polite, but all the South Africans are thick-skinned. Is a Diamond Fields "centre three," as he assists Kimberley and Griqualand West, and is a member of a well known Rugger-playing family. When only nineteen years old he played for South Africa against the British team. He has modelled his play on Krige's methods, and is a brilliant individualist. Although not big, he is very compact, and is quite devoid of fear. At Leicester he and Carolin effected as brilliant a try as could be wished for.

J. G. HIRSCH ("Baron" and "Jack").

Hirsch's age is twenty-three, height 5 ft. 11½ ins., and weight 13 st. Was very well known at Cambridge as both a Rugby footballer and a cricketer, just missing his "blue" for each sport. Although an Afrikander, he was at school at Shrewsbury, where he was a fine "soccer" player. Plays in South Africa for the Crusaders and Eastern Province as centre "three." His defence has greatly improved of late, and in attack his grand pace serves him finely. He is thoroughly "acclimatised" to heavy going, which is a great thing. He is quite the "Adonis" of the team, and is real "English" in manner.

ANDREW O. MORKEL ("Tor—farmer").

His age is twenty-four, height 5 ft. 10 ins., and weight 12 st. 9 lbs. Yet another reserve wing three-quarter, and a few seasons back one of the swiftest men playing in South Africa. Turns out at home for the "Pirates" (Johannesburg) and Transvaal, and has met "us" in an international. His kicking ability constitutes the most powerful feature of his play, and he is still a very dangerous man when he is on the move. He is also a safe full back. In appearance he is not unlike A. O. Jones. Is at present laid up with a damaged knee.

H. W. CAROLIN ("Paddy").

Paddy's age is twenty-four, height 5 ft. 10 ins. and weight 11 st. 10 lbs. Is vice-captain of the team, and, although he has never seen Ireland, is an Irishman in many ways. One of the most daring half backs ever seen, and at following up is always prominent. Finely built, and exceedingly strong for his weight, he can break through in a grand manner. Is more than likely to be the outstanding success of the tour. Practises as a solicitor at Capetown, has played for the Villagers since 1902, and Western Province since 1903 and is a fine judge of Rugby. Got into the well known Diocesan College fifteen when only as many years old. Assisted S.A. in an "international," and the four times he figured against the British team was never on the losing side. He won the "Jameson" Cup—given for all-round athletic ability—on four consecutive occasions, anything up to a quarter of a mile being his favourite distance. As a cricketer he has played against Lord Hawke's and the last M.C.C. team. "Paddy's" popularity has long been deep-rooted among the "Springbokken."

F. H. DOBBIN ("Uncle")

Dobbin's age is twenty-seven, height 5 ft. 6 ins., and weight 11 st. 3 lbs. Little Dobbin is a delightfully astute half back, and makes a splendid foil to Carolin, who is all dash. "Uncle" is very quiet in all he does, but it is difficult to understand what he contemplates doing. Therein lies his cleverness. Has played for seven seasons in first class football for Kimberley and Griqualand West. Yet he has never been injured, so strong, and, of course, lucky has he been. Has played in two international. "Uncle" is undoubtedly one of the great pillars of the side. He is one of the few married men in the team.

D. S. MARE ("Gert—Gerald").

Mare's age is twenty-one, height 5 ft. 9 ins., and weight 13 st. 8 lbs. Is possibly one of the strongest halves who ever played. In fact, as a forward he is equally at home, and then has something to spare in his vigour. Plays for Pretoria and Transvaal, but learnt most of his football in the W.P. As a "bullocking" player he is great, while he has not neglected the clever side of a half's duties. Is a fine all round sportsman, being especially good at the wrestling arts, including the science of ju-jitsu. "Play the game or you'll get hurt," should be borne in mind by Mare's opponents.

D. C. JACKSON ("Mary").

Jackson's age is twenty-one, height 5 ft. 9 ins., and weight 11 st. 9 lbs. Has the makings of a really first class half, but at present has not the experience of some of the other backs. Plays for the Diocesan College, and partners Carolin in the Western Province team, gaining his cap this last season. As an all-round athlete his powers are not limited, as he holds the Western Province half mile championship, and the inter-collegiate championship at one and a half miles. Is also one of the best cricketers in the province. "Mary" is generally dubbed the "baby" of the team, owing to his youthful appearance and clean, lithe build. As a matter of fact, he is two years older than Douglas Morkel.

P. J. ROOS ("Paulus").

Roos' age is twenty-eight, height 5 ft. 11 ins., and weight 14 st. 4 lbs. The South Africans' captain, and a great leader, owing to his convincing uprightness at Rugby and in private life. Although he generally puts his man down when necessary, he has such a gentle way of doing it that by following his example, the team are the reverse of rough—simply keen, strenuous players. By profession Roos is a schoolmaster. After a stay with the Villagers' Club, he returned to lead Stellenbosch, first playing for the Western Province in 1904. A thoroughly genuine, hard working forward, he is always reliable. In fact, there is nothing "meteoric" about his play. Personally, he is greatly respected by everybody connected with the team.

W. A. BURGER ("Bingo").

Bingo's age is twenty-two; height 5 ft. 11½ ins. and weight 14 st. Quite in the first flight of South African forwards, and both he and his brother are very well known in South Africa as members of the Border team. Burger also assists Alberts, but his brother has retired from the game. Like De Melker, he was only nineteen when he played against the British team. One of the best men in the scrum, he is also one of the first on the ball in the loose.

J. W. E. RAAFF ("Klondyke").

His age is twenty-seven, height 6 ft. 3 ins., and weight 13 st. 8 lbs. The tallest man in the team, and one of the hardest working, fastest, and cleverest forwards the South Africans possess. Assists De Beers, Griqualand West. Has also turned out four times against the Britishers, twice in test fixtures. Naturally at the line-out he is in his element, while he is also a fine dribbler. He served throughout the war, and can play cricket well.

P. A. LE ROUX ("Pietie").

Pietie's age is twenty-one, height 5 ft. 10¾ ins., and weight 13 st. 10 lbs. Although on the small side for a forward he is brilliant in this capacity. Like his brother, whom he closely resembles, he plays for Gardens and Western Province. Also like his brother—who is over here in the capacity of wing "three"—"Pietie" made his reputation by playing on the wing. Before going up forward he was one of the Stellenbosch "fliers." He is just that type of modern forward which no really representative side should be without. He has been in great form in the two first matches of the tour.

D. J. BRINK ("Kooi").

Brink's age is twenty-three, height 6 ft. 2 ins. and weight 13 st. 3 lbs. Although hardly so broad looking as Raaff and Reid, is a very imposing forward. He is as fast as any of the other members of the pack, Le Roux excepted, and in the loose and at the line-out he has to be very closely watched. Went up from the third to the first Stellenbosch team in 1901, also playing for Western Province dring that season. He was not quite so good in 1904, but since that date has shown irresistible form, receiving the highest Rugby honours possible in his country.

D. F. T. MORKEL ("Zulu").

His age is nineteen, height 6 ft., and weight 14 st. 7 lbs. The youngest member of the team, one of the best forwards and a grand place kicker. His attentions are bestowed on C.S.A. Rys and Transvaal. Was only seventeen when he tackled the British tourists, at which age he gained his Transvaal cap. He looks older than he is and is a sound cricketer. It will be a toss-up between him and Carolin when goals have to be landed, as both are such exceptionally fine "artists."

W. S. MORKEL ("Takhar").

His age is twenty-six, height 5 ft. 11 ins., and weight 12 st. 7 lbs. William is nearly seven years older than Douglas, yet such a discrepancy in ages is not apparent on looks. The family likeness is rather striking. "W. S." plays for Mines and Transvaal. Is a better man in the scrum than his brother; in fact, in every department of the forward game he is a distinctive player. While a prisoner at St. Helena he organised a Rugby team in the prison camp, and differences were sunk in a friendly rough-and-tumble.

H. J. DANEEL ("Pinkie").

Pinkie's age is twenty-five, height 6 ft., and weight 13 st. 2 lbs. There is the same unassuming confidence in Daneel's work as a forward as when fourteen years old, he helped Riversdale to win the S.W. Districts Cup. He got into the Stellenbosch fifteen five years back and into the Western Province side in 1904. He has improved greatly with age, and when the ball is being thrown out from touch it is as well to look where Daneel is standing.

W. A. MILLAR ("Wam").

Millar's age is twenty-two, height 5 ft. 10¾ ins., and weight 13 st. 2 lbs. Rugby football is one of the many things Millar does well, as those who have seen Gardens and Western Province play will testify. Is a particularly dashing and strenuous forward, and will be wanted to pit against beefy teams. He looks and is a grand athlete. As a walker he has no rival in South Africa, and has held the walking championship there for three consecutive years. He did a fifty miles "stroll" once in great time, beating all comers. He also holds the heavy weight boxing championship of Cape Colony. He was badly wounded during the war, but it has had no serious effect on his game.

D. BROOKES ("Boltie") (churn).

Brookes' age is twenty-three, height 6 ft. 1 in., and weight 12 st. 10 lbs. Was greatly admired as a forward by Mark Morrison. Where the work is hardest there will Brookes be found, and his height and strength are weighty factors. Assists Alberts and Border, and, after Burger, is the best Border forward playing. He first got his cap for them in 1904.

W. C. MARTHEZE ("Rajah" and "Bonzil.")

"Rajah's" age is twenty-eight, height 5 ft. 9 ins., and weight 12 st. Thoroughly experienced, and as fast as an average three-quarter, he pushes a few stone above his weight. Has played against the Britishers on two occasions for his province—Griqualand West—and S.A. Curiously enough, the first season he got into the G.W. team they won the Currie Cup. Is a product of Kimberley football, which team he has always assisted. Is a fine runner, and has a valuable collection of prizes won. Served in the Kimberley Regiment during the war.

W. A. NEILL ("Piet").

Neill's age is twenty-three, height 5 ft. 9 ins., and weight 12 st. 7 lbs. The only "Springbok" not born in South Africa, but as he left Glasgow when he was a two-year-old he is Scotch chiefly by birth and in name. Were he a little taller and heavier he would be one of the most dangerous forwards playing. Still, he has no end of skill and tenacity, and he will stand hard knocks all the time, and then "bob up serenely." He has played against the Britishers, and now works for the "Pirates" and the Border.

H. G. REID ("Opa") (grandfather).

"Opa's" age is twenty-three, height 6 ft. 2½ ins., and weight 14 st. Is a Pretoria "Harlequin" and Transvaal forward. His height and weight suggest possibilities, and when it comes to strenuous forward play Reid will be in his element. Thinks Rugby football spells hard work, and when he makes an appearance he and Raaff will be a striking looking couple on the field. In appearance Reid is like B. C. Hartley.

A. F. BURDETT ("Barley").

"Barley's" age is twenty-four, height 5 ft. 10½ ins., and weight 12 st. 9 lbs. Only played occasionally last season, but "clinched" his selection in the tournament at Johannesburg. Began his football in 1899, and is now attached to the Villagers, and necessarily a "Western Provincer." A whole hearted forward, the "Springbokken" know that they can always place reliance on him.

THE BLOOD AND ITS FUNCTIONS.

THE blood is a fluid of most complex composition. Necessarily so, for it is brought into direct relation with food and air on the one hand, and with all the different tissues of the body on the other, in the various processes of digestion, respiration, nutrition, secretion and excretion. Therefore it must contain all the substances which the several parts require, receiving these from food and air, and it must receive back worn out or used-up matters.

Wonderful is it that notwithstanding its complexity and the sources of disturbance to which it is exposed by the continual introduction of raw material on the one hand, and of refuse matter on the other, it can, and does, maintain the uniformity which is necessary to health. Circulating through the body at any given time, we may say, broadly speaking, there is blood in three stages—blood fit for present use, as it were, of to-day; blood which has passed this stage, of yesterday; blood for future use, of to-morrow. So we can understand that a right state of the blood and healthy nutrition are mutually dependent. The blood must be right for nutrition to be normal: nutrition must be normal for the blood to be right. The blood, then, is thus the medium of communication between all parts, by virtue of the incessant changes which go on everywhere between it and the tissues in nutrition.

And it is not hard to understand that if any part fails to draw from the blood its own proper materials, or restores to the blood substances other than those which are the normal result of the changes it undergoes, the blood must be thereby in some measure, and for some time, affected; and hence as a secondary result, the nutrition of other, and perhaps remote, parts or organs may in various degrees, through this altered blood, become modified or disturbed. It would, perhaps, be difficult to over estimate the part thus played by the blood as the outcome of its great office.

Thus, then, distinct and distant organs may sympathise with each other, or the whole body may sympathise with the condition of any part. In fact, it follows that no single organ in its operation can be altogether independent of the rest; no changes can occur in it without influence elsewhere. So the growth, development, wasting, or degeneration

of one will determine within limits the condition of another.

Furthermore, says the *Family Doctor*, by this means we are enabled to explain the effect of severe local injury or disease upon the general health, for the whole body, either through the blood or nervous system, or both, will soon sympathise with the suffering of any part, and hence that form of fever which is called constitutional disturbance.

Drugs and Digestion.

BADLY cooked food, hurried meals, and imperfect mastication are potent factors in producing the dyspepsia which is so common a complaint amongst the thousands of men and women who daily go up to town and return home in the evening. The medical out-patients' rooms of the hospitals are crowded with patients who seek relief for their indigestion, and who derive the greatest benefit from some simple mixture containing gentian or calumba as one of its active ingredients. Such substances, says *The Hospital*, are comparatively harmless. They act reflexly to produce an increased flow of gastric juice through the sensory nerves of the mouth and palate. Experiment has shown that when gentian, calumba, or quassia is introduced directly into the stomach it produces no greater result than would be produced by the ingestion of a similar quantity of distilled water. But when the mouth and tongue are wetted with the bitter infusion, although no extra flow of gastric juice has resulted, yet, if food is given immediately afterwards, a very considerable increase in the flow of gastric juice is invariably noticed as soon as the food reaches the stomach. There is no doubt, therefore, that the action of bitters is essentially due to their influence upon the sensory nerves of the mouth, and not to their action upon the gastric mucous membrane. Such bitters, therefore, should always be given in fluid form just before a meal if the best results are to be obtained. But there exists a dangerous class of remedies known as "pick-me-ups," "tonics," and the like, nearly all of which depend for their action upon alcohol combined with strychnia, nux vomica, or bromides. Powerful drugs like alcohol, strychnia, and the bromides cannot be taken with impunity by people whose education does not allow them to gauge their actions except in the roughest manner by their own sensations. It would be more rational to seek the cause of the dyspeptic symptoms, to insist upon better cooked food, to have the teeth overhauled by a good dentist, and to spend a little more time over eating. School managers should provide the future wife of artisans with instruction in cookery, and thereby do something to save the pockets of husbands and sons, and protect them from the curse of drink, for a well fed man free from dyspepsia is rarely a drunkard.

HORSE STEAKS.

At a recent banquet of American veterinarians, Prof. W. H. Brewer, of York, who was one of the speakers, said: "There is absolutely no objection to the horse as an article of food except that which has been raised on account of religious prejudice. Horse meat should be eaten and called for at the table.

"For religious reasons also the introduction of the horse as a source of food in this country has been stopped," he said. "There is no better meat than horse meat and none more fit to eat. In all the countries of Europe, except England, horse flesh is used as food. In Europe horses are fattened for the market like other animals and the meat is wholesome and good.

"I have eaten horse flesh in several of the Paris restaurants, and know whereof I speak. Restaurants in Paris which sell only horse meat are obliged by law to advertise the fact. The custom could be introduced in this country. If the public can stand such meat as it is asserted they have eaten, they could certainly eat horse meat. It would be an easy matter to have horses examined by an inspector before being killed."

600 YEARS WITHOUT A DOCTOR.

According to Pliny, Rome flourished for 600 years without a doctor. It is maintained by some, however, that when making this statement Pliny was not aware that certain Greek physicians resided in Rome, at least during a part of the period named. But there is certainly no question that in the early days of its history, physicians were very scarce in Rome, and doubtless because there was little occasion for their services. With the advance of civilisation maladies have multiplied, and with the increase of disease there has been a proportionate increase of physicians. There are at the present time in this country not less than 100,000 physicians, and the number is increasing at the rate of several thousand annually.

NOTHING TO EAT BUT FOOD.

The Trials of a Troubled Dyspeptic.

IF there were only something to eat except food I should get on fairly well, but I am not less puzzled by the multiplicity of dishes than by the multiplicity of admonitions. Something seems wrong with everything.

Some months ago I saw Hackenschmidt wrestle, and I had a longing to be strong. "Eat all the sweets you can if you would be strong," said he, and I at once started on the menu, but a fortnight later I weighed just four pounds lighter, and with muscles shrunken to nothing in particular. This depressed me till I read in the *Lancet* that the hot roasted chestnut as done in the street was an excellent and most nutritious diet. I accordingly went out and found a chestnut stall and ate all the nuts I could get for ten cents, only to find on my arrival home that though chestnuts might be splendid as nutrition, they were horrible as indigestion.

After that I sat down seriously to study the laws of health and the incidence of dietetics, learning from a food authority, who is also an athlete, that vegetarianism was of no use whatever without you could employ a cook who knew something about food values, and that it was better for a man to eat meat and bread than meat and vegetables, as the combination of a cut from the joint with cabbage, or cauliflower, or spinach is not suitable to the human stomach. On the instant I gave up the vegetables, and proceeded with the meat and bread; but while reading a newspaper to assist the process of digestion I arose from the table with feelings akin to horror, for there, staring at me, was the statement of a prominent vegetarian that if I ate salt I should be afflicted with various skin diseases, catarrh, blood chill, and a tendency to emaciation, while if I ate bread I should only further stimulate the processes of indigestion.

Further inquiry led me to suppose that perhaps porridge would be a good and useful diet, also cheap, and I was delighted with the eulogy of a prominent dietetic reformer, that oatmeal was the highest form of nutrition. I was an enthusiast on porridge for several weeks. Then an eminent Scottish doctor, a diet specialist of great experience, made me feel that I did not want porridge any more. "As an article of diet," he said, "oatmeal is very much over-rated. I consider it the curse of Scotland and the curse of every community which acquires a liking for it." He added that to people who live in towns and work with their brains, oatmeal is little short of a poison, the average town diet of meat, potatoes, and bread supplying more proteid and phosphates than could ever be got out of oatmeal, with less digestive effort.

But this happens to be a country where a man must eat, if only for practice, and once more I applied my mind to the discovery of a suitable non-injurious diet. From time to time I had had serious discussions on the subject with my landlady. Now she told me there was a tradition in her family that fish was good for the brain; and I should have ordered fish right away had not my doctor informed me on the previous evening that fish had no more effect on the brain than firewood, and that if I went on eating fish till I became luminous in the dark I should be as little nourished as I was when I began. He ended by recommending milk as both drink and food.

So I ordered three pints of milk a day. Then it was that I read the report of a discussion at a northern chamber of commerce, in which it was stated that you could never rely on the cow, and before a week had elapsed these were the headlines which flashed on my vision from a morning journal: "Death in Milk. Startling Epidemic. Ninety-eight cases." In order to prevent a ninety-ninth, I at once became a total abstainer from milk.

My trouble is that I cannot find a single article of diet to which somebody does not object. Here I am told that rice is good; there that it should not be eaten without salt; and somewhere else that salt is pernicious. In some hospitals a patient could not obtain salt if she were to plead for it with tears in her eyes, and sugar is strictly prohibited.

One doctor tells me that people do not eat half enough ripe cheese. Another says that a small piece of cheese after dinner acts as a digestive. Still another asserts that cheese digests nothing except itself, and only then if a man is lucky. I have been warned off bread, especially white bread; yet according to Professor Frankland, the consumption of a fraction over two pounds of bread is the equivalent of a muscular force in action which would raise a 150 lb. man 10,000 feet. It is, however, only fair to say that though I eat bread contrary to advice, and plenty of it, I have never been raised a single foot, and stand about where I did when I lived wholly on the beneficent products of the kitchen garden.

The truth of the matter appears to be that if you live wholly upon vegetables you can attain the ripe old age of ninety or thereabouts with prospects of scoring a century if you can stand the diet, the climate, keep in good health, never worry, and have an old age pension or a balance at the bank; and that if you eat meat, and anything else which comes handy, you can live to about the same age, if not longer, in the same conditions. Thousands of thousands who lived on vegetables are dead, and men eat meat and are still living; it is "all according," as the lady said when she measured out the molasses.

Careful study of everybody's contradictory opinions as to what a man should eat and what he should drink convinces me that the safest thing to eat is water; but it would not at all surprise me if, as soon as this article appears in print, somebody arose to state that, by reason of the affinity of dangerous microbes for that pellucid diet, it should always be eaten boiled.

INDIGESTION AND CONSTIPATION.

The Twin Scourge of Civilisation.

INDIGESTION and constipation are ailments to which the human race, at least in a state of civilisation, is perhaps more frequently subject than any other, and as, with few exceptions, they are also ailments the treatment of which may safely be undertaken by the individuals who suffer from them, we propose in the present article to deal with the causes which lead to them, and the methods by which they may be treated.

Were we to enter into the consideration of all the causes which induce indigestion and its concomitant complaints, we should engage in a field of inquiry far too extensive for our limits, and should be led to enumerate a catalogue of evils, whose length and severity would make our readers' "hair stand on end." Suffice it, then, for the present, that we take a view of but one of those causes which operate in disturbing the functions of the stomach; one which, we fear, is far too common, and which we can hardly hope (so much does appetite lord it over reason) our friendly exposition will tend to prevent. We allude to the practice of over-distending the stomach, and propose to make our readers acquainted with the first process of digestion, in order that they may the more fully comprehend the mode in which over-eating must infallibly tend to produce disease of some sort or another.

THE INNER COAT OR MEMBRANE

of the stomach secretes a fluid called gastric juice, the nature of which is to irritate that organ, and thereby create the peculiar sensation called hunger. This gastric juice possesses antiseptic or antiputrescent qualities in a very high degree, so that the food which is swallowed, being mixed with it, is thus prevented from becoming putrid. So long as a certain portion of the gastric

juice remains in the stomach unmixed with aliment, so long will the feeling of hunger remain; and hence those who, to use a common term, bolt their food without sufficient mastication, experience a desire for aliment long after they have swallowed a larger quantity than the stomach is capable of digesting; for until the contents of the stomach have become sufficiently softened by the heat and moisture to which they are exposed, they are unable to imbibe more than a small quantity of the gastric juice. Hence, either the stomach is stimulated by the presence of the food to secrete a larger quantity of this fluid than it would naturally do (and this excitement, if continued, must eventually impair the digestive organs, for no portion of the body can endure the action of a constant stimulus without ultimately becoming debilitated), or else a certain portion of the food must be totally deprived of gastric juice, and being placed in a medium (namely, one of heat and moisture), of all others most favourable to decomposition, must become putrescent. Thus a person who has eaten too much feels, a short time after his meal, as though he should burst.

THIS IS OCCASIONED

by the gas extracted from the mass of indigestible and putrifying food in the stomach. Scarcely is he somewhat relieved by fœtid eructations (frequently compared to the odour of rotten eggs) than he again experiences the same intolerable sensation, which is perhaps again mitigated in a similar manner.

The stomach, too, from its distended state, occupies a portion of that space which is necessary for the dilatation of the heart, the expansion of the lungs, the return of the blood to the liver, and in short, a space which should be allotted to carrying on all the other functions of the body. Hence there is difficult breathing, a laboured action of the heart, imperfect passage of the blood through this organ, and a consequent turgid state of the blood vessels generally, begetting headache, languor, heaviness, incapability to exertion, uneasiness, oppression of the chest, and a host of other indescribable sensations which, if once experienced, are seldom forgotten. The putrid matter having passed at length from the stomach to the intestines, distends them with fœtid gas for days, and by no means infrequently occasions severe attacks of colic, numbness of the extremities, cramps, headaches, and divers other feelings of indisposition.

IT UNFORTUNATELY HAPPENS

that in the majority of persons afflicted with indigestion the disease is occasioned by indulgence in the luxuries of the table, and that the necessary deprivation of these, in order to restore the stomach to the proper performance of its natural function, is to the bon-vivant far more distressing than his symptoms, although they may be severe. Hence the protraction of this disease, and the difficulty of its removal.

It is not only the luxurious who suffer from derangement of the digestive function, although luxury has for ages been accused as the cause of this, as well as many other miseries incident to our species, so much so, that Celsus, a Roman author, who wrote on medicine in the reigns of Augustus and Tiberius Cæsar, states that there was a period when medicines were scarcely required and that mankind did very well without them, till their simple manners and habits were corrupted by sloth and luxury; but there are other causes, in the use of improper food, whether putrid or otherwise, unfit to be used as aliment; the abuse of spirituous and fermented liquors, and anxiety and excessive fatigue of the merchant and artisan, no less than the opposite state of inactivity of mind and body of the fashionable idler, which tend no less than the first cause mentioned, to impair digestion; besides which might be mentioned, exposure to cold and moist air, imperfect mastication, the use of narcotics, as opium and tobacco, deficiency in the secretion of bile, saliva, or gastric juice, and, in fine, everything which occasions debility of the system in general, or of the stomach in particular, may give rise to a train of symptoms to which the name of indigestion has been applied.

THE SYMPTOMS

by which indigestion may be known are the following: Want of appetite, attended with general debility, languor,

and aversion to motion, dejection of animal spirits, headache, a sense of weight and oppression after eating, with nausea and flatulent or acid eructations; pain in the region of the stomach, the bowels either obstinately costive or relaxed, the countenance is flushed after a meal, to which may be added palpitation, disturbed sleep, frightful dreams, and nightmare. Although we have stated that this disease might generally be safely treated by persons labouring under it, we are far from supposing that they would effect a recovery in their own persons so completely as if guided by the selection of a competent medicine; for digestion requires the harmonious action of several organs all mutually dependent on the action of each other, every one having to perform its part in a proper manner to complete the general function, so that it may be deranged by many distinct causes.

CONSTIPATION

also has come to be a very common ailment, and it is one of the many symptoms of that very prevalent disease, indigestion, of which we have spoken above. Anything that interferes with the digestive process may produce constipation, at least, temporarily. With feeble people, a little overwork, mental or physical, will render digestion imperfect; and the food not being properly elaborated remains in the alimentary tract, undergoing partial decomposition. The gases that are given off distend the stomach and bowels, causing pressure on the nerves in the adjacent organs, which is sometimes followed by severe pain, perhaps cramping. The latter can generally be relieved by the application of hot compresses over the affected part; or if the trouble is in the stomach, a glass or two of hot water will send up the gases, relax the contracting muscles, and stop the cramping.

A VERY COMMON CAUSE

of constipation is the use of white flour bread; it should be banished from our tables. Another cause of extreme torpor in the bowels is highly seasoned food. Those who like their foods well salted, hot with pepper and other condiments, will sooner or later have impaired digestion in some form. Persons who are inclined to be plethoric frequently have a sloughing condition of the bowels, a looseness; in other words, diarrhœa, which may in time become chronic. But those who are lean and muscular often suffer in a different way. The use of salt, pepper, spices and other irritating substances begets inflammation of the mucous membranes; this burns up the natural fluids which are intended to lubricate the parts, and they are rendered dry and harsh. After a time the bowels become shrivelled, inactive, torpid; they can only be evacuated by persistent straining, and finally they will not move at all without assistance. Much sugar clogs the liver with saccharine matter, and it fails to do its work; the bile is retained in the blood; and the fæces, no longer softened by that natural lubricant, become impacted in the colon, as well as in the small intestine. The latter then loses its function, and cannot secrete those intestinal juices which should aid in the digestive process.

And so it is, says *Health*, that the individual goes on from bad to worse; his food distresses him, or it fails to nourish.

HE SUFFERS FROM NERVOUSNESS,

insomnia; he has periodic headaches, or a rush of blood to the head. In some instances there is twitching of the eyes, or the muscles of the face; and there are symptoms of St. Vitus' dance—tetanus. The hands and feet are inclined to be cold, and the general circulation is sluggish. The odour from the body is offensive, and the breath the same, owing to retained fæcal matter which is poisoning to the system. In fact, all the excretions have a foul odour; and the blood is so thick that it can scarcely circulate in its vessels, especially the capillaries.

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197 LIVES WASTED.

The Medical Officer of Health for Paddington points out in his report for 1905 that, whereas the deaths in the two Lancaster Gate wards combined were fifty-five only, in the comparatively poor and crowded Church ward they were 146—a disparity which, in his view, "affords prima facie evidence of a lamentable waste of infant life, and calls for active measures of prevention." Altogether he considers there was a wastage in Paddington of 197 lives, much of which is due to carelessness and ignorance.

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